KAPPA ALPHA THETA *Magazine*

WINTER 2019



WINTER ISSUE

IN THIS ISSUE

WINTER 2019 | VOLUME 133, NO.2

ON THE COVER: Nancy Pollard, Epsilon Mu/Princeton

The Power of Connections

BY: LIZ APPEL RINCK | GAMMA/BUTLER



In early January, the Indianapolis newspaper reprinted an article by the Associated Press announcing the 2018 Word of the Year, as determined by the editors of Merriam-Webster dictionaries. As an editor myself and a self-professed word nerd, I was pleased to see words–and dictionaries!–in the news.

I was pleased because sometimes I worry about dictionaries. I worry they're being supplanted by spell checking and other automatic features of word processing software. Don't get me wrong: I love spell-check. Without it, I would misspell *commemorate* as *comemmorate* every single time.

But a good dictionary can serve many purposes in addition to helping us spell properly. It can help with pronunciation, reminding us that mischievous is pronounced MIS-chiv-us, not mis-CHEEV-ee-us. It can assist with usage, making sure we *bring* things here and *take* them there, never *bringing* an appetizer to Alice's party. It can offer definitions so that we use *continual* when we mean "repeatedly" and *continuous* when we mean "without interruption."

Before I joined Theta's staff, I was editorial director at a company that published children's magazines. One of the perks of that position was keeping the editorial department's official dictionary–an Oxford English Unabridged with its own swoon-worthy stand–in my office. Honestly, I would have accepted a pay cut before I would have surrendered that dictionary.

But back to Merriam-Webster's Word of the Year. It's *justice*, and that concept, coincidentally, is at the center of two articles in this issue of the Theta magazine.

- In 2019, we'll celebrate Bettie Locke Hamilton and the Year of Leadership (page 12). As the driving force behind the founding of Kappa Alpha Theta, Bettie clearly reflects our core value of leadership. At the same time, Theta's founding was fueled by her desire for equity and fairness, by her quest to receive the same education as a man and to be treated impartially. In short, Bettie sought justice.
- In launching the Austin, Texas, chapter of Friends of the Children, Nancy Ippolito Pollard, Epsilon Mu/Princeton, is working to break the cycle of generational poverty through an innovative program for underprivileged students (pages 14 through 17). By helping youths finish high school and avoid teen pregnancy and other pitfalls, Nancy is creating opportunities, thereby leading to a society that reflects fairness and equity… in short: justice.

Other articles in this issue express principles that Thetas also hold dear, including sisterhood, service, and life balance.

- The author of a recently published memoir about her family's 18-month, around-the-world journey, Tracey Long Carisch, Beta/Indiana, offers some words of wisdom about achieving balance (page 34).
- In 2018, Theta collegians and alumnae across the continent spread the widest influence for good and shared photos of their service-related endeavors (pages 20 and 21).
- Theta sisterhood transcends backgrounds, cultures, skin tones, and beliefs; as a group, we are stronger when we understand and value differences, and this has been true since our earliest days. Former Fraternity President Sue Farrell Supple, Alpha/DePauw, reflects on inclusion and diversity (pages 10 and 11).

As 2019 continues to unfold, I suspect I will find myself speculating on what the official word of the year will be. I don't believe the good people at Merriam-Webster accept nominations, but *sisterhood* would be a good choice.



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theta matters



Beta Nu/Florida State

News, Views, & Stuff You Can Use

MEASURING MEMBERSHIP

Alert readers may remember an article from the Summer 2018 issue in which we discussed how measuring the Theta experience through facts, figures, and statistics can help us make decisions about our future as well as measure and improve the impact of our organization.

We've now collected two years' worth of data from more than 16,000 college sisters and thought you might be interested in some highlights.

It's encouraging to note that Thetas are happy being Thetas. In comparison with other Greek-letter women's groups, measures of overall satisfaction show Theta members near the top in terms of their satisfaction with the membership experience.

Theta is also leading the way on sexual assault. Relative to other inter/national sororities, Kappa Alpha Theta members have the healthiest attitudes related to sexual assault, with the lowest scores on victim-blaming, minimization, and social pressure. In addition, these scores all trended in a positive direction over the last year.

While it's expected that sisterhood measurements will decline over time, Theta members experience the largest drop between sophomore and junior year. Survey data also shows that Theta chapters score lower than other groups' chapters in informal, peer-to-peer confrontation to resolve chapter issues. We are evaluating programming, curriculum, and opportunities related to these areas.

This data and future data will measure not only the broad impact of Theta membership but will also evaluate chapter culture, giving Fraternity leadership a better understanding of the unique character, strengths, and areas of improvement for each Theta chapter.

theta matters

STANDING UP

In early December, a coalition of plaintiffs filed a lawsuit in federal court challenging Harvard's recently announced sanctions policy. One of the plaintiffs in the suit is Kappa Alpha Theta.

Under the sanctions policy, Harvard punishes undergraduates for exercising their rights to join private, off-campus, single-sex organizations, including Theta. Under Harvard's sanctions, sorority women became ineligible for scholarships and fellowships and were barred from holding leadership positions in campus organizations and on athletic teams.

You may also remember that, earlier this year, we announced the closing of our Zeta Xi Chapter. By forcing women to make an impossible choice—between holding leadership positions and applying for scholarships and fellowships or being members of communities specifically designed to support and empower college women to have those aspirations—Harvard's administrators placed our sisters in an untenable position and made it impossible for the Zeta Xi Chapter to continue operations.

You may now be wondering why, if we no longer have an active college chapter open to Harvard women, we remain concerned about the school's sanctions policy. There are many reasons.

- Under the policy's implementation, the impact on women's organizations has been devastating: all of Harvard's international sororities have closed. Harvard has simply erased organizations that were created by women to support women.
- Students deserve the right to shape their own leadership and social paths on campus. Harvard's new policy denies students who participate in these organizations the leadership experiences that would help fulfill its own mission of educating the future leaders of society.
- Harvard is interfering with students' rights protected by the 1st Amendment, the 14th Amendment, and Title IX—a dangerous precedent by one of America's bellwether higher education institutions. We can't sit back and allow Harvard to establish a pattern that could be followed by others.

You may also be wondering about the cost associated with this lawsuit. Theta has committed $50,000 for three years; our partner-plaintiffs, the National Panhellenic Conference, and the North-American Interfraternity Conference have pledged similar amounts, and the Fraternity and Sorority Action Fund is also contributing to this effort. Please be assured that programming support for Thetas and Theta chapters will not be affected, nor will dues and fees.

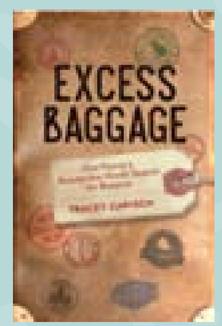
Nearly 150 years ago, our founders formed Kappa Alpha Theta in the face of both tacit and overt discrimination toward women students. In founding Theta, they knew they had a chance to make a difference, to stand out, to do the right thing. It wasn't easy, but they persevered. And now it is our turn to persevere, to help lead the fight to ensure tomorrow's female leaders will always have a home in our single-sex chapters. You can learn more at standuptoharvard.org

THETA LEADERS

Volunteering for Theta is important to our young alumnae, and it's important to Theta to make sure we engage them as quickly and successfully as possible. As a result, we've created a leadership program specifically for young alumnae interested in becoming Theta leaders.

Thirty-two women were selected for the program's first cohort, which began in early October 2018.

This program is conducted virtually and led each month by facilitators with expertise in topics like diversity and inclusion, the advising philosophy, personal strengths, risk prevention, mental health, volunteer management, and more. All participants interact online in order to connect, share resources, and discuss what they are going through in the program and personally/professionally. Each is also a member of a smaller, four-person, group through the entirety of this experience. If you're interested in learning more about future cohorts, contact Assistant Director of Alumnae Engagement Laura Stelsel, lstelsel@kappaalphatheta.org.



READING WOMEN

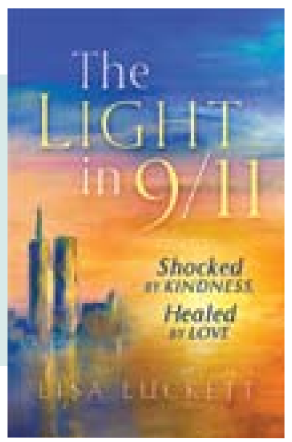
This online book club allows both collegians and alumnae from around the world to share thoughts, ideas, and just generally engage with one another around a love for literature. All book discussions take place on the second Wednesday of each month at 8:30 p.m. Eastern on the Reading Women Facebook page. On March 13, we'll discuss *Excess Baggage: One Family's Around-the-World Search for Balance*, by Tracey Carisch, Beta/Indiana. In the meantime, you can learn more about Tracey on page 34.

THE LIGHT IN 9/11: SHOCKED BY KINDNESS, HEALED BY LOVE, BY **LISA LINDEMAN LUCKETT, BETA GAMMA/COLORADO STATE**, ISN'T JUST THE STORY OF HER JOURNEY THROUGH THE TRAGIC LOSS OF HER HUSBAND IN THE 9/11 ATTACKS. IT'S A STORY OF COURAGE, GRIT, AND REEXAMINING TRAUMA FROM A PLACE OF GROWTH AND OPENNESS. LISA'S DETERMINATION TO FIND SENSE IN THE CHAOS UNDOUBTEDLY MAKES HER A...



LEADING WOMAN

If you're grieving the loss of a family member or friend, don't try to fight it. Let nature take its course. Grief is a natural part of the human experience. It gives us depth, understanding, and wisdom. Grief is difficult and painful, but given enough time, we can learn to live with loss. There is still so much beauty in the world: seeing the light in the struggle is what gets you through (a core message of my book). When grief can process naturally, and it's given the time it needs—its time, not yours—everything will once again be OK. Life is a "practice," not a "perfect."



I have a passion to share what I have learned and to help others. It comes from my heart, not my head. Writing *The Light in 9/11*, traveling to many different places and meeting many different people and the development of my lifestyle brand, Cozmeena Enlightened Living (www.cozmeena.com), has been fantastic. However, experiencing the awakening and understanding that has come from my studying my struggle is the greatest gift of all and the greatest "light" in 9/11. I am forever humble and grateful to everyone who has helped to show me this beautiful future.

I am incredibly fortunate to have several core groups of friends that have seen me through this experience. One is my Theta sisters from college. I have lived back east since 1985, but my dear friends and sisters, who are spread across the country, have always held a special place in my heart. I found college to be a difficult time and while we had a great time in the sorority as collegians, it is in retrospect that those friendships have become deeper, beautifully richer, and more important than ever. We might not have seen each other for 20 years, but we always pick right back up where we left off. It's almost like time traveling, taking us back to an idyllic time when we had our whole lives ahead of us.

For the launch of *The Light in 9/11* last summer, having reconnected with many old Theta friends on Facebook, 30 to 40 of my Theta sisters rallied behind me in their respective communities to support my message and encourage me to keep going. They are an enormous part of the book's success. Even though it's been 36 years since we were in school together, the love and connection I feel is as strong as it ever; for this I am incredibly humbled and grateful. I'll use the excuse of a book tour to swing through Colorado in the next year to visit them all. Theta for a lifetime is a real thing. It transcends all ages with the gift of love and grace.

Theta also inspires us to be leading women, to be authentic, honest, and transparent; to stop worrying about what others think; and to choose courage to push through the difficulties. We are stronger and more resilient than we think. We can remember to wait, to calm down, and that given enough time, everything will be OK.

FRATERNITY HOUSING CORPORATION



THANK YOU, KAREN LEDBETTER

Karen Ledbetter was honored at Grand Convention 2018 for devoting her design talents to the FHC.

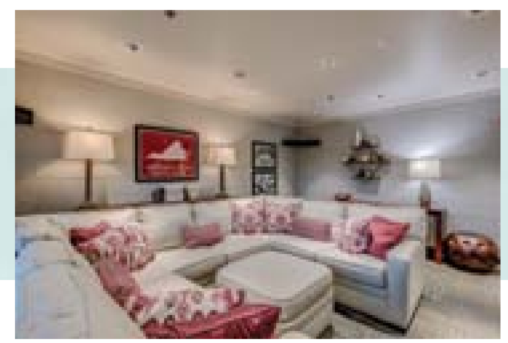
"KAREN, WORDS CANNOT FULLY DESCRIBE THE DEPTH AND BREADTH OF YOUR CONTRIBUTIONS." THESE WORDS BEGAN A VERY SPECIAL MOMENT AT GRAND CONVENTION 2018, A CELEBRATION HONORING KAREN ALBRECHT LEDBETTER, GAMMA TAU/TULSA.

From the very beginning of the Fraternity Housing Corporation (FHC) in 2007, Karen volunteered her professional interior design expertise; working with a team of volunteers and staff, she brought Theta chapter interior design to a new level! Because of Karen, Thetas across the country walk into their chapter houses and know they are, simply, *home*. She devoted her magic touch to 18 major renovations/builds across the US, several of which were lauded in townandcountry.com and cosmopolitan.com.

After a distinguished Theta career, including two terms as Fraternity president, Karen will retire as FHC interior design coordinator upon the completion of two major new builds: Delta Omicron at Alabama and Gamma Iota at Kentucky. The retirement celebration at Convention included presenting Karen with a memory book of photos of the beautiful Theta chapter houses she designed, appropriately titled *Magic Touch*. FHC president Mary Jane Parker Beach, Beta Nu/Florida State, said, "Karen, we are happy for you yet sad for ourselves that you will retire. You can feel secure in knowing that FHC staff and volunteers will continue your legacy to design and build amazing homes for our chapters. Thank you for your selfless gift of time and talent to Theta's Fraternity Housing Corporation."

From large furniture groupings to the smallest design details, Karen's designs make chapter houses feel like home to both collegians and alumnae. From left: Beta Gamma/Colorado State; Epsilon Nu/Virginia Tech; Gamma Psi/TCU.







REMEMBER THE Black & Gold



Nikki Plauche (front row, third from right) and alumnae from Mississippi, Louisiana, Alabama, and Arkansas at Grand Convention 2018.

BY: NIKKI BOURG PLAUCHE | DELTA KAPPA/LSU

My absolute favorite Kappa Alpha Theta song is "Remember." Over the past 24 years I sung it my head; I heard it sung at my Theta sisters' weddings and when my nieces or a friend's daughter was going through recruitment. However, I never realized what the song really meant to me until February of 2018.

I pledged the Delta Kappa Chapter in 1994. I loved every minute of being a collegian, and I loved living in the house for two and one-half years. When I graduated from LSU, I hated that I was no longer involved in Theta in my day-to-day life. I moved to Houston, started my career, got married … and for 19 years that was my life. Of course, the amazing women I met in college were still in my life and I in theirs: as a maid of honor, bridesmaid, baby-shower host, godmother, the woman who held their hands at funerals, and so many other roles. My 19 years of being an alumna was full of other Theta women; however, it wasn't really full of THETA.

Sure, I went to an alumnae event or two, I occasionally contributed to Theta Foundation, and I received the magazine. I took notice if/when a Greek organization was in the news or when something special happened with CASA, but again I was not really in Theta … until Theta remembered me.

In January 2018, my husband and I had to move back to Baton Rouge to take care of his mom. She has dementia and is in the early stages of Alzheimer's. While preparing to sell our house, leave my job, leave my friends, leave life as we knew it, Theta came calling. Out of the blue, I received an email stating that the Baton Rouge Alumnae Chapter was in jeopardy of being closed due to a lack of members. When I saw the email come in, suddenly I was 21 again! All I could think was, "The chapter cannot fold." I immediately responded and let them know I would be moving back and was happy to serve in whatever capacity was required. In March 2018, I joyfully accepted the position of president.

To back up a little bit, since 2013 I have suffered from bipolar II disorder with clinical depression. It is a daily struggle. Add to that selling my beautiful house, moving into a tiny house with my mother-in-law, no job, no schedule, no routine and zero training in how to handle a person with dementia: I was beyond lost! Being able to use my project management skills as president of the alumnae chapter saved me! Truly, by meeting and planning and understanding what this chapter needed, by having a task list, by being held accountable, by serving my sisters in support of nobler womanhood, I was resurrected. By "rejoining" the sisterhood of Theta and having the honor of representing Baton Rouge at Grand Convention 2018, I was reborn in a sense. I felt a fire in my soul that I had thought was long gone. I was beyond empowered by being a part of this amazing group of talented and intelligent women. It was as if I was truly a phoenix rising from the ashes and it was all because "If you remember Theta, she'll always remember you." There is simply no other way to put it.

By serving my sisters as an alumna, I am reminded more often to hold myself to the ideals of nobler womanhood. I am reminded that there are women just like me, with struggles that are just as hard. I am reminded that if I stumble and fall, there are 200,000 women to catch me and help me soar again. The new relationships I have made since March have helped me know myself better, know that I can overcome any obstacle (including dementia), know that the women I call friends/sisters are truly in my life forever. I have deepened my love for Theta and the women I know who share my bond. I am beyond blessed that Theta remembered me!

$278,263 given by 817 DONORS #THETAFOREVER #GIVINGTUESDAY

Theta Forever Fund

The success of #GivingTuesday would not have been possible without the generosity of every donor who joined us on this exciting day! Theta is forever, and this reality is because of you. Theta Foundation was thrilled to announce the Theta Forever Fund, which officially launched on #GivingTuesday, November 27, with an awe-inspiring $278,263 given in just 27 hours! The Theta Forever Fund is a celebration of our mission, and your investment in Kappa Alpha Theta upholds the bold values upon which our very existence is based.

Unrestricted annual donations through the Theta Forever Fund support our educational, leadership, and philanthropic programs, including the Fraternity grant, to ensure the Theta experience is here for generations to come. In this way, gifts to the Theta Forever Fund bridge the gap between the experiences made possible from membership dues and the realities of educational and leadership expenses. The Theta experience is richer for every program, every personal growth opportunity, every sister who lends a helping hand, because of your generosity.

"From 1870 to today there is a link between every sister because of our founders. It is the inspiration of the founders, the sisters before me, and the sisters yet to come that inspires me to give back to the Fraternity. Theta Forever means preserving our shared values to honor each and every sister of our Fraternity." Ana Dru Schwab, Lambda/Vermont.

INTERESTED IN JOINING THIS MILESTONE IN THETA'S HISTORY WITH A GIFT TO THE THETA FOREVER FUND? VISIT WWW.GIVETOTHETA.ORG.

We were especially inspired by the dedication of Theta's college chapters as they participated in the announcement of the Theta Forever Fund! During the day-long #GivingTuesday festivities, chapters shared updates on their social media channels, hosted events, and enthusiastically invited family and friends to celebrate Kappa Alpha Theta with a gift to the Theta Forever Fund. Thanks to this heartfelt support, Theta Foundation reached a milestone by raising the most unrestricted dollars in one day… in our history. Among the chapters who celebrated with us, Beta Xi/UCLA and Delta Omega/Texas A&M were the twin stars that led the way!

#Giving Tuesday



On #GivingTuesday, collegians at Beta Xi/UCLA opened their facility to the Panhellenic community, invited family members to give, and hosted a wildly successful takeover of Theta's Instagram account to share the fun!



Delta Omega/Texas A&M members invited collegians, friends, and family to join us on #GivingTuesday, resulting in the second largest number of gifts to the Theta Forever Fund. This was in addition to the chapter's recent philanthropic success raising $52,702.84 for Scotty's House, a local child-advocacy center.

Instrumental to the overwhelming success of this year's #GivingTuesday were matches and challenges throughout the day, made possible by the following donors. Kappa Alpha Theta is tremendously grateful to these visionary supporters for being among the first to officially support the Theta Forever Fund.

Anonymous
Susie E. Albrecht, Phi/Pacific
Florence Helen Ashby, Beta Nu/Florida State, and Laird Anderson
Emily Weirich Bandera, Beta/Indiana
Dale Vance Braun, Gamma Rho/UC Santa Barbara
Christine Thompson Briede, Delta Omicron/Alabama
Edie Hofstead Cabaniss, Delta Chi/Virginia
Cardelucci Thetas: Cathie, Beta Xi/UCLA; Jessica, Eta Sigma/Chapman; Catherine, Beta Xi/UCLA
Gloria McVay Cochran, Beta/Indiana
TJ Flynn Condon, Epsilon Lambda/Dickinson
Betsy Sierk Corridan, Beta Omicron/Iowa
Kendy Cusick-Rindone, Rho/Nebraska
Patty Dengler, Delta Eta/Kansas State
Leighton Johnson Donnell, Alpha Theta/Texas
Zita Enloe, Gamma Phi/Texas Tech
Lauren Gibbs Fisher, Omicron/USC
Mary Ellen Kutsenda Fitzsimonds, Beta Kappa/Drake
Marcia Othus Floberg, Beta Epsilon/Oregon State
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Kathleen Markey, Chi/Syracuse
Vicki Laughlin McCluggage, Omicron/USC
Dinah Hampton McClymonds, Alpha Omicron/Oklahoma
Gayle Snavely Medill, Tau/Northwestern
Pat Doomar Mierse, Beta Nu/Florida State
Lisa Davis Olney, Delta Epsilon/Arizona State
Judy Camp Sauer, Alpha Theta/Texas
Sue Shane Sautermeister, Beta/Indiana
Donna Levens Schmidt, Epsilon Zeta/Mississippi
Ana Dru Schwab, Lambda/Vermont
Susie Adams Smith, Alpha Theta/Texas
Cydney C. Stewart, Gamma Omicron/New Mexico
Supple Family: Sue, Alpha/DePauw, & Bob Supple; Molly Supple, Alpha/DePauw; Sydney Stump, Beta Xi/UCLA
Barbara Lemert Thompson, Kappa/Kansas
Sue Kloap Wahrhaftig, Beta Pi/Michigan State
Becky Roberton Weh, Gamma Omicron/New Mexico
Mandy Burgett Wushinske, Zeta Sigma/Ohio Northern

THETA'S INCLUSION AND DIVERSITY EFFORTS

Inclusion and diversity are important topics of conversation in the world of higher education, including in Kappa Alpha Theta. In fact, inclusion has been a matter of discussion among Thetas almost since our founding!

In "Message From the President" in the Spring 1987 issue of the Theta magazine, then-Fraternity President Sue Supple discussed inclusion and diversity as it relates to Theta college chapters. She wrote, in part: "For many years, Kappa Alpha Theta has pledged and initiated young women without regard to race. But we are not keeping pace with the changing face of America. … We need to recognize and expand our concept and understanding of Theta. It is, and always has been, a support system, a sisterhood of love and friendship. As our young people grow up in this ethnically diverse world, they make friends from all races, and they believe these friends should be welcomed by everyone as sisters."

You can read Sue's complete editorial http://bit.ly/SSupple. We asked her to share her recollections of that time, as well as her thoughts now, more than 30 years later.

OTHER WAYS OF THINKING, DOING, AND BEING

BY SUE FARRELL SUPPLE | ALPHA/DePAUW, FRATERNITY PRESIDENT, 1984-88

I went to the 2018 Theta Convention in June and came home very hopeful. Theta appears to be reflecting the vision I always thought it should. Not just a social group, but an organization that challenges the status quo, as did Bettie Locke when she founded Kappa Alpha Theta. A vision that said if I can't be a member of the men's fraternities, I will create my own. In my opinion, Theta has not always been willing to be so independent.

I was encouraged by the words of then-Fraternity President Laura Doerre, Delta Xi/North Carolina, in her opening address, when she said, "By choosing to embrace inclusion and diversity, we remain in line with our core purpose as an organization. Kappa Alpha Theta strives to foster opportunities for members to appreciate, understand, and value difference and to nurture the desire to learn about other ways of thinking, doing, and being."

When I was Fraternity president, Theta was just beginning to realize the importance of inclusion of women with different backgrounds, different cultures, and different opinions. At that time, the attitude toward people with different histories was one of indifference. Today, it has gotten much worse. Today, we fear, distrust, even hate people who do not look and act as we do.

I am someone who was brought up with tales of knights and valiant deeds. In school, I was required to memorize documents, such as the preamble to the *United States Constitution* and Lincoln's Gettysburg Address, that espouse the principles of fairness and equality of rights. The current atmosphere is mind-boggling. How have we come so far from the concept of the value of each individual? In such an environment, it is even more important for Theta to be an advocate of our founding principles.

As I look through the Theta magazine, I see photos from many chapters that represent the diversity of our continent. But there still are far too many that reflect homogeneous faces. Too many are missing the opportunity to learn and grow.

Perhaps because I went to DePauw and sat in the rebuilt chapel where Bettie Locke sat, I want Theta to be out front, not just part of the crowd. I am reminded of the story of Bettie and Alice wearing their badges to chapel for the first time. They were saying, "Look at us. If you won't initiate us, we will form our own fraternity." They wondered what the reaction would be. Alice said, "Let's sit in the back." Bettie said, "No way! We are going to the front." And so they did. This is my vision for Theta: out in front, leading the way.

As our young people grow up in this ethnically diverse world, they make friends from all races, and they believe these friends should be welcomed by everyone as sisters.

SEEING OURSELVES

Theta values inclusion, and we want our policies and procedures to reflect this value. We also want the faces we show to ourselves and the world to reflect inclusion. We want our members to see themselves and their experience reflected not only visually in our website, social media, and magazine, but also to see themselves in the stories we share.

Many of you have written to us over the past year with comments about the magazine articles we've published, photos featured on our website, and stories we've shared on social media. Most of you have said you appreciate seeing policies evolve or seeing your experience named. Yet we've also received comments and stories from many of you telling us about experiences in which you felt marginalized or faced discrimination. We have work to do to make Theta a more inclusive place. As an organization, we have much to celebrate, but we also have much for which to atone. Taking responsibility for past actions, even though we may not be proud of them, will help all of us to not repeat past missteps and mistakes.

Theta can do better, and we all need to work together to reach this goal. Through upcoming magazine articles and blog posts, we will share experiences from our members. Whether you have a positive experience to share or an experience where we could do better, you can send it to inclusion@kappaalphatheta.org. (You may choose to include your name or send your story anonymously.)

Theta encompasses all of our stories: the ones that make us proud, the ones that make us think, the ones that make us hurt, and the ones that help us grow. It is our hope that taking an honest look at all these experiences will help us move toward a more inclusive Theta, not just in words, but in culture and practice.

"If We Could Just Win Out"

HOW DO YOU DEFINE THE WORD *LEADERSHIP*?

There is certainly no shortage of definitions: they can be found in dictionaries, in poems and essays, and in the minds of Thetas.

Theta often uses this definition of leadership in educational programming for our collegians: "A relational and ethical process of people together attempting to accomplish positive change." *

Did Bettie Locke Hamilton demonstrate leadership? Most Thetas would respond with a resounding "Yes!" What would Bettie herself have said? It's impossible to know. But a quote from later in her life offers a clue: "We realized somehow that we weren't going to college just for ourselves, but for all the girls who would follow after us, if we could just win out."

In 2019, the final year leading to Theta's sesquicentennial celebration, we're celebrating Bettie Locke Hamilton and the Year of Leadership.

Look for more information in upcoming issues of this magazine.

150

YEAR OF LEADERSHIP
2019

SAVE THE DATES!

JULY 8 – 12

GRAND CONVENTION 2020
INDIANAPOLIS

CELEBRATING 150 YEARS OF KAPPA ALPHA THETA

WWW.KAPPAALPHATHETA.ORG/150

* From a leadership identity development model created by Susan R. Komives and others.

WHAT GOT YOU TALKING ON SOCIAL MEDIA IN 2018

BY: LAUREN McCARTY PALMER | BETA/INDIANA and JORDAN QADDOURAH | DELTA KAPPA/LSU

SOCIAL MEDIA ALLOWS THETAS TO CONNECT AND SHARE WITH SISTERS ALL OVER THE WORLD, AND THE PAST YEAR FEATURED POWERFUL CONVERSATIONS! BELOW ARE A FEW HIGHLIGHTS FROM THE DIGITAL THETAVERSE IN 2018.

JANUARY 23:

#HearHerHarvard Day of Action.

Theta banded together with our Panhellenic sisters at Alpha Phi and Delta Gamma to rally support for sorority women at Harvard and encourage participation in recruitment. We introduced the hashtag #WithoutMySorority, encouraging sorority women to reflect on the relationships, experiences, and personal growth they never would have experienced without the influence of a supportive place for women who share their values. The hashtag garnered more than 1,000 social media posts from Thetas and other sorority women.

@joyous.linds: #withoutmysorority I wouldn't be the person I am today! Because of Theta, I have met some of my very best friends. I've strived to be a better leader, person, student, sister and friend. Because of Theta I've gained confidence, patience and so, so much love. #hearherharvard

@morgan_fewer: #withoutmysorority I wouldn't be the person that I am today, I wouldn't have the confidence that I have today, wouldn't have the same opportunities that I have, and I wouldn't have access to an amazing support system. The women at Harvard deserve the same opportunity. #hearherharvard

@julia__pratt: #withoutmysorority I never would have gained the confidence I needed to change programs and apply for law school. I never would have developed the incredible friendships that make me who I am. I don't want to imagine the person I'd be today if someone had told me I couldn't be part of this organization. #hearherharvard

MAY 16:

Theta's New Brand.

The sleek new look and feel of Kappa Alpha Theta's visual brand and website received rave reviews from social media followers, but the real showstopper was the reveal that "Leading Women" will appear in a font created to replicate Bettie Locke's handwriting.

JUNE 30:

Theta launches the Women Supporting Women campaign at Grand Convention 2018.

Featuring striking portraits of Theta women from different backgrounds and age groups, this campaign gets to the heart of the Theta experience: the nourishing power of lifelong sisterhood. (You can watch—or re-watch!—the launch video on the Women Supporting Women page of www.kappaalphatheta.org.)

Dava Hansen Unglesbee: Never understood Theta for a Lifetime in college. Forty years later it is absolutely true. So grateful my sisters talked me into joining!

@bnscancarella: Ask a sorority woman you know about her recruitment experience. I guarantee she will tell you it was a day she met really great people, forever-friends, and made a decision that changed the trajectory of her college career and beyond for the better. Maybe she went in looking for friends, networking, study buddies, or to give back. She will probably tell you that she gained a whole lot more. #ThetasGotYourBack

OCTOBER 30:

"Feel Good."

Theta sisters can change the course of your life in huge ways, and they can also make your day in little ones.

DEC. 4:

#StandUptoHarvard.

Theta announced it has joined with other sororities, fraternities, and students to file lawsuits challenging Harvard's discriminatory policy toward students who join single-sex organizations. Learn more at www.standuptoharvard.org.









PROFILE

Domino Effect

ACTION, ADVOCACY, AND VOLUNTEERISM ARE FALLING INTO PLACE FOR NANCY IPPOLITO POLLARD AND FUELING HER LIFE'S PASSION: TO BREAK THE GENERATIONAL CYCLE OF POVERTY ONE CHILD AT A TIME.

BY: JAN SCHMITZ MATHEW | DELTA/ILLINOIS

A photograph on Nancy Pollard's desk shows a row of dominoes beginning to fall. Strikingly simple, the image suggests motion and anticipation: several dominoes lean into each other, signaling a chain reaction, while others remain upright, waiting their turns.

"I look at this picture every day," says Pollard, Epsilon Mu/Princeton. "It's a visual that represents the coalescing of something that is meant to happen."

For Pollard, that "something" is her position as executive director of the Austin, Texas, chapter of Friends of the Children. Founded in Portland, Oregon, in 1993 and launched in Austin in September 2017 by Pollard and her friend and business partner Rachel Arnold, the national non-profit provides underprivileged children with a mentor from kindergarten through high school graduation.

"For us to target a specific population with a specific solution is very exciting," says Pollard of the need in East Austin. "Friends of the Children follows a proven model, and there's a lot of confidence that it will work here."

The model she references encompasses several innovative components. Children at highest risk are selected; salaried, professional mentors called "friends" are employed; the program commits to every child from kindergarten through high school graduation and focuses on the complete transformation of each child; friends work in and with the child's community; and the model is continually evaluated, measured, and improved.

To date, 32 children from three schools in East Austin have been enrolled in the program.

"Friends of the Children came together powerfully and specifically, with huge support," says Pollard. "It's all happening in this city, at this time, for a reason."

SPIRIT OF SERVICE

Growing up in Dallas, Pollard describes herself as a typical firstborn child. "I was a type-A, always trying to boss people and direct things," she laughingly recalls. Her organized and goal-driven nature, however, benefited those around her.

She attended kindergarten through high school with many of the same classmates, and when elected high school class president, Pollard created projects that she felt were meaningful, including a school-supply drive targeted to families in low-income areas, and an Angel Tree Christmas project in which each homeroom adopted a family. Galvanizing people to use their resources to serve those in need was a skill modeled by her mother, a litigator and real estate developer.

"Mom always devoted incredible time and energy to fundraising, and whether it was a Salvation Army project or mentoring young students, she included my sister and me. Service was simply part of our family life, something that was in my genes. My mom believed in enjoying life, but also in giving back."

"I had a lovely childhood and upbringing, but it felt small. When I graduated from high school, I knew I wanted to go somewhere new and different, to explore someplace far away."

Just over 1,500 miles to the northeast, Princeton University represented the next piece in Pollard's line of dominoes. "Princeton is quiet and beautiful but has easy access to big cities like Washington, DC; New York; and Philadelphia," she says. "The minute I set foot on campus, I knew I wanted to be there."



Nancy Pollard, second from left, at Princeton's graduation.

Every time I do fundraising, I'm so encouraged by the state of mankind. People want to make the world better; they're just waiting for opportunities.

BUILDING BLOCKS

Pollard also wanted to put her passion for service to work at the private Ivy League research university. Enter the galvanization of her Kappa Alpha Theta sisters.

"The women I met at Theta were fun-loving, while being equally driven and well-rounded," Pollard says of her decision to pledge the Epsilon Mu chapter. "And my new member class was full of girls who wanted to build something around women's issues."

A core group of Thetas took a major role in launching the Organization of Women Leaders (OWL). The group's mission was to address relevant women's issues, such as sexual harassment, and to offer opportunities for women of different generations to connect through seminars and conferences. The experience, Pollard recalls, served as an impactful microcosm of the non-profit world.

"Whether it's parenting or fundraising, Theta showed me that none of us can accomplish anything in a vacuum," she says. "You need women you can depend on to show up for you any time and at all hours of the day."

After graduating with a bachelor's degree in English language & literature/letters, Pollard returned to Dallas, where she earned her law degree from SMU's Dedman School of Law. Her niche in the legal field focused on representing, advising, and strategizing with nonprofits, foundations, and clients at a range of wealth levels.



During Amplify Austin, a 24-hour online giving day, Pollard and other Friends of the Children staffers raised funds to help hire more professional mentors.

Whether it's parenting or fundraising, Theta showed me that none of us can accomplish anything in a vacuum. You need women you can depend on to show up for you any time and at all hours of the day.

Volunteerism, however, stayed in the forefront. While working as an attorney, Pollard ran a non-profit dog rescue group. And when she and her husband, Mark, moved from Dallas to Austin in 2008, Pollard invested in her new community by volunteering as a court appointed special advocate (CASA)—the "domino" that ultimately tipped her toward Friends of the Children.

Two years after moving to Austin and following the births of her three sons, Pollard decided to delve into the non-profit sector and assume the role of "non-stop community volunteer."



Pollard, second from left, on vacation with friends during law school.

MOBILIZING SUPPORT

The more Pollard learned about the dynamics and energy of Austin, the more her enthusiasm grew.

"Austin is a city full of people who think differently and are very engaged in the world," says Pollard, adding that the community has more than 7,000 non-profit organizations. "Compared to Dallas, Austin is a younger city without as much 'old' family money. The city's approach to giving is still being created."

There's also a dichotomy between East and West Austin, a chasm Pollard felt could be impacted by Friends of the Children. "Every metric—quality of education, access to healthcare, housing, transportation—is concentrated in East Austin in a negative way," she says.

Pollard first learned of Friends of the Children through Rachel Arnold, who was then working as interim CEO at Social Solutions, a software company that helps nonprofits measure their impact. Through her position, Arnold had the opportunity to meet Terri Sorenson, Friends of the Children's national president, and was immediately impressed with the organization's simple but strongly data-supported program.

Pollard visited Portland to learn the logistics of starting a new chapter and next spent time in the field observing the process. Because Friends of the Children requires that its chapters secure three years' worth of operating funds, fundraising was critical.

"Our initial round of funding came from 50 families," says Pollard of the April through June 2017 fundraising campaign she and Arnold spearheaded as volunteers. "Almost all came in the form of three-year pledges, anywhere from $250 to $100,000 a year." Round one—$1. 7 million in pledges—was followed by a federal social innovation fund award of $800,000, bringing the total raised for the Austin chapter launch in September 2017 to $2.5 million.

"Every time I do fundraising, I'm so encouraged by the state of mankind," Pollard adds. "People want to make the world better; they're just waiting for opportunities.

"When we think of big problems, like education or housing, most of us feel it's too huge. But everyone feels good about chipping in what they can and seeing the outcome. We're serving kids who are only five years old but aren't getting the education they deserve, have food insecurity, or have experienced trauma.

"We know we can teach them, one at a time, how to be resilient. And that feels very tangible."

BREAKING THE CYCLE

When launching a new chapter, Friends of the Children representatives spend time in the community, analyzing schools that are in need, observing kindergarten classrooms at those schools, and then evaluating and selecting students at highest risk. In East Austin, 32 children were enrolled from three schools.

"Most of these children have had three or more adverse childhood experience (ACE) factors by the time they're in kindergarten," says Pollard, referring to a range that includes physical, emotional, or sexual abuse; parental divorce; or incarceration of a parent or guardian.

These students are paired with a dedicated, one-on-one friend, who spends a minimum of 16 intentional hours per month with them. Because friends spend time in each child's home, school, neighborhood, and community, they are able to provide continuity in often unstable environments and serve as a link between different facets of the child's life. Friends advocate for children at their schools and become someone their family trusts in emergencies.

These salaried professionals go through a four-round interview process and are asked to commit for a minimum of three years. "If they're willing to take the job, we ask them why," says Pollard. "What we've learned is that people who have experience working with vulnerable populations want continuity. In the past, a lack of consistency and longevity has worked against them. With Friends of the Children, they make a long-term commitment to eight children, and that appeals to them. These mentors want to *see* positive change."



Mark, Nancy, Simon, Adam, and Clark volunteering at the CASA of Travis County Superhero Run.

Challenges, however, are inherent. Housing issues make Friends of the Children's target group an exceptionally mobile population: the 32 students who started in April 2018 came from three schools; by October 2018, which was the beginning of the next school year, the same 32 students were in 14 schools in three districts.

"We commit to following a child within a 30-mile radius of Austin in any direction," Pollard says. "If a child is moving to a new residence or staying with relatives, friends can provide consistency in the midst of instability and continue to serve them. If they move further away, they can always come back to the program. Their spots are saved."

And although the need is great, defining the specific population also poses a challenge. "For instance, CASA can easily define its target population—the number of youths who have been removed from their homes and are in the foster care system," Pollard explains. "But we're looking at a whole list of risk and non-protective factors. The process isn't as clear-cut or as easy to define."

This spring, another 40 students from the three original East Austin schools will be selected to participate. Pollard and team also are developing a pilot partnership with CASA of Travis County for fall 2019, which will reach youth who are in foster care.

ANTICIPATING THE FUTURE

Away from the office, Pollard enjoys the "happy chaos" of life with Mark, who is COO of a technology company, and sons Clark, Adam, and Simon, ages 8, 7, and 6. There's always a tall stack of books on her bedside table and a drawer brimming with pamphlets about trips she'd like to take.

"I love to travel, and if someone told me I was dying, I'd immediately go see whales in Alaska," Pollard says. "Then I'd go to New Zealand, and third would be an African safari.

"I'm a big animal person, and there's a hotel on a giraffe preserve that offers breakfast with giraffes. They stick their heads right through the dining room windows while you're eating."

Pollard also describes herself as a religious person: a firm believer that everything happens for a reason and is guided by a higher power. "I've never been too good at long-term, specific plans," she admits. "I take more of an 'idea' approach. I know I want to stay firmly in this space of advocating for populations that aren't given a platform.

"Ten years from now, I'd like to be inspiring conversations and guiding systems change on whatever level I'm able. I want to be able to look back on all these dominoes and see that they fell in a specific way to change the lives of kids in poverty."

She has a scaling plan in place to have 208 children in the Austin program by its fifth year and, ultimately, envisions chapters in cities like Dallas, San Antonio, Houston, and El Paso. "It will take time to make a dent in the cycle of poverty, but one generation from now, we'll see improved statistics at the state level."

The advice she'd offer to young women with a passion for service is the same wisdom she wishes someone had shared with her decades ago. "Be present where you are. I spent much of high school thinking about college, and too much time at Princeton talking about a future work/life balance. When I decided to be a stay-at-home mom, instead of embracing it, I wondered if my career was over, or whether my brain was turning to mush. There's so much noise around this stuff.

"I should have been living where I was and taking advantage of opportunities in the moment, trusting that I'd be capable of figuring things out when they happen.

"If you are present and intentional, everything works out."

FR1ENDS of the CH1LDREN Austin

FRIENDS OF THE CHILDREN: CHANGING LIVES ONE STORY AT A TIME

- Participants in this innovative mentoring program are statistically at serious risk of continuing the cycle of poverty in their own lives: 60 percent have parents who did not graduate from high school, 50 percent have parents who were incarcerated, and 85 percent were born to a teen parent.
- In Portland, Oregon, where Friends of the Children was founded in 1993, a total of 550 children are now paired with mentors.
- Throughout the past two and a half decades, the program has helped youths reach key milestones. Nationally, 83 percent of participants graduate from high school; 93 percent avoid the juvenile justice system; and 98 percent avoid becoming teen parents.
- For more information, visit www.friendsofthechildren.org.

Making a Difficult Decision

Think about your college experience. Kappa Alpha Theta probably played an important role in establishing the memories, lessons, and friends you gained. Thetas everywhere recognize the impact Theta sisterhood has, so it is easy to understand the sorrow that results when a college chapter closes.

In 2018, we sadly announced the closing of three college chapters: Zeta Xi at Harvard (see page 5), Delta Phi at Clemson University, and Epsilon Zeta at the University of Mississippi. Zeta Xi closed on July 15; Epsilon Zeta closed on Dec. 1; and Delta Phi Chapter will continue to operate as an active college chapter until April 28, 2019.

The decision to close a college chapter is never an easy one. On an emotional level, both alumnae and collegians feel a strong connection to their college chapters. On a practical level, all member organizations—including Theta—remain strong and vital by gaining members, mainly through recruitment. The closure of a chapter is antithetical to those two statements: it upsets our sisters and shrinks our organization. That is why a process of thorough study and careful consideration for college chapter disestablishment is outlined in the *Kappa Alpha Theta Constitution*, Article VII, Section 1, E.

Although no one desires to close college chapters, it is sometimes necessary, which is why a process for doing so is included in our Constitution. Regrettably, some chapters must be closed due to extreme circumstances, such as a serious risk management violation or incident.

It is important to note that this was not the case with Delta Phi and Epsilon Zeta. There was no wrongdoing by college chapter members. Ironically, it is often easier for people to understand when a chapter is disestablished because of member misconduct rather than when—as with Delta Phi and Epsilon Zeta—the chapter is struggling in multiple ways.

All college chapters are monitored by local alumnae volunteers and Fraternity staff and volunteer officers. When monitoring the health of a college chapter, they measure "vital signs," including chapter size (compared to other National Panhellenic Conference organizations on campus), the chapter's ability to recruit new members successfully (taking quota and being at or near Panhellenic total), and campus climate.

Both Delta Phi and Epsilon Zeta had struggled with recruitment for several years. By autumn 2018, Delta Phi had 117 members while other sororities on the Clemson campus numbered between 204 and 247 members. In 2018 fall recruitment, Delta Phi gained 25 new members, but Panhellenic quota was 64. Similarly, in autumn 2018, Epsilon Zeta had 270 members and Panhellenic total was 403. In 2018 fall recruitment, Epsilon Zeta missed quota by 93 new members.

It is a sad reality that chapter size is perceived by many potential members as strength. When potential new members participate in recruitment and see one chapter so significantly smaller than the others on campus, many won't even consider Theta. It is also unfortunate that low recruitment numbers negatively impact other areas of chapter life and programming. As challenged chapters, Epsilon Zeta and Delta Phi received substantial support in the form of increased visits by Theta educational leadership consultants (ELCs), volunteer officers, and staff, as well as a staff mentor to assist with recruitment and chapter operations. Normally, a Theta chapter is visited by an ELC once or twice per year, while the average number of staff/volunteer visits to a chapter is one every two to three years. Epsilon Zeta and Delta Phi received 17 and 18 visits, respectively, over the course of 24 months.

Despite increased Fraternity assistance, the immediacy of their experience and their close ties to their sisters can make it difficult for active college members of fragile chapters to realize the undesirable conditions in which they exist. The same is true of alumnae who have fond memories of their own time in the chapter. This was the situation at both Delta Phi and Epsilon Zeta; collegians and alumnae experienced a range of emotions, including confusion, sadness, relief, and anger.

Because a chapter's closing is a painful experience for all of Theta, it is important to remember that disestablished college chapters are not forgotten. Their history is preserved in the Fraternity's archives and celebrated at heritage.kappaalphatheta.org (Resources > College Chapters) in the same way as that of active chapters. Chapter awards, ritual items, and composites are often displayed in the archives and always returned to a chapter if it is reestablished.

Theta sisterhood goes beyond the chapters in which we were initiated, and members of our 38 inactive college chapters—including members of Delta Phi and Epsilon Zeta—are still Thetas. Undergraduate Thetas on campuses where we do not have an active chapter are unaffiliated Thetas (in good standing) and will become alumnae (in good standing) on their anticipated graduation date. Theta values the members of our disestablished chapters; they continue to be a strength to the Fraternity. We are bound by our ritual, and the power and value of Theta continues for all her members.

Advancing

THE SORORITY EXPERIENCE

BY: LORETTA GOOD | NPC DIRECTOR OF COMMUNICATION & MARKETING

National Panhellenic Conference leadership, volunteers, and guests met in St. Louis in October for the 2018 NPC annual meeting. Guided by a St. Louis-inspired theme, "Gateway to Our Future," attendees had the opportunity to meet, strategize, and make bold decisions about how NPC and its member organizations work together to advance the sorority experience.

On Friday, the NPC Executive Committee, board of directors, inter/national presidents and executive directors met to discuss NPC governance, trends in higher education, recruitment results, and the strategic plan. The annual meeting began in earnest with the Friday night delegation dinner and meeting kick-off. After the meal, attendees enjoyed a motivational session in which Erin Fischer, owner and CEO of The Leadership and Training Studio, encouraged participants to challenge old ways of thinking and doing and to shine a light on other women.

The kick-off was followed by the opening business meeting, led by NPC Chairman Carole Jones, Alpha Omicron Pi. During her state of NPC address, Jones focused on accomplishments during the 2017-18 year, noting NPC's work in preserving and advancing the sorority experience on many fronts. She explained how the Conference's work was guided by its five strategic priorities and discussed projects such as the creation of think tanks, the "Call for Critical Change" projects completed to advance Panhellenic operations, and NPC's legislative and advocacy efforts. "As we embrace these many opportunities together, it is loud and clear that the state of NPC is strong, but the state of sorority is fragile," said Jones as she summarized threats to the sorority experience during the past year.

At a special meeting of the NPC Board of Directors on Saturday, the directors voted to increase member organization dues and undergraduate fees. In addition, they voted to amend NPC's Articles of Incorporation and Bylaws. As a result of this vote, effective July 1, 2019, NPC will transition to a new strategic governance structure with a seven-member board of directors and a 26-member council of delegates. In this historic shift, the chairmanship of NPC will no longer rotate through NPC member organizations according to order of admission to the Conference. Instead, the council of delegates will elect the chairman from the seven board members, two of whom will rotate into board service based on the order in which their sororities were admitted to NPC and five of whom will be elected by the council.

Following the special meeting, attendees participated in educational sessions and spent time with NPC's partners. Educational session topics included an update on government relations from Samantha Martin, Alpha Delta Pi, of Arnold & Porter; a discussion of risk management and legal issues by Tim Burke of Fraternal Law Partners and Cindy Stellhorn, Beta/Indiana, of MJ Insurance; and a case study presented by Dr. Kat Gillan, Sigma Sigma Sigma, and Lane McClelland, Delta Delta Delta, both of the University of Alabama, on how the fraternity and sorority life and Crossroads Community Center offices worked together to implement more inclusive practices during recruitment as well as during the entire sorority experience.

The 2018 NPC annual meeting provided a forum for attendees to discuss important issues impacting the Panhellenic community and for NPC leadership to take bold steps to help the Conference be more proactive in preserving and advancing the sorority experience together, now and for the future.

NPC looks forward to the year ahead and to hosting the new NPC educational conference in October of 2019 in Memphis, Tennessee.

For Good

The widest influence for good has been a cornerstone of Theta's mission and vision from the very beginning. In fact, our founders, in particular Bettie Tipton Lindsey, were known for their dedication to volunteerism and service. More than 60 years later, in her opening address to the 1940 Grand Convention, then-Fraternity President Adelaide McDonald Sinclair, Sigma/Toronto, said, "The world should be a better place because Kappa Alpha Theta exists." And today, Theta aspires to cultivate philanthropists, who seek to create positive change in their communities.

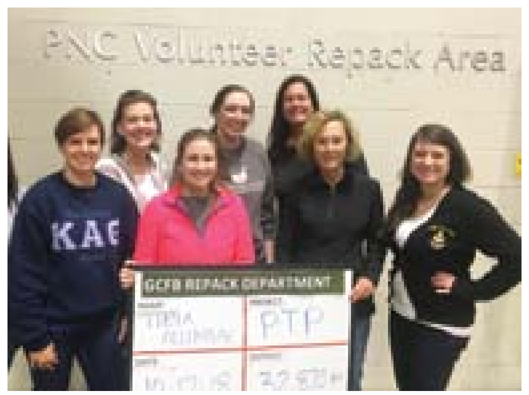
From Theta service trips in January and February to our Day of Service celebrating Bettie Locke Hamilton's birthday on October 19th, we made an impact in 2018 by volunteering and advocating for a variety of important causes.



During the alumnae service trip to New Orleans in February, **Theta alumnae** worked at CASA New Orleans, which serves two areas of the city heavily damaged by Hurricane Katrina.



Members of the **Beta Gamma Chapter** at **Colorado State** volunteered at CASA, Inc./Harmony Visitation House for Day of Service. Harmony House is a family visitation center where supervised visitations and exchanges such as those for custody, abuse, and divorce can occur within a warm, homelike atmosphere that is free from confrontation.



Together with many other volunteers, members of the **Cleveland Alumnae Chapter** packed 865 boxes of food for distribution during the week of October 19. The Greater Cleveland Food Bank is an amazing organization! When families pick up their food, the Food Bank provides access to a job fair, local library services, healthcare, and social programs, saving families from having to find transportation to travel all over the city.



Cathie Waters Cardelucci, Beta Xi/UCLA; **Nedda Kavoossi, Zeta Omega/Loyola Marymount**; **Mikayla Mager, Epsilon Sigma/UC Irvine**; **Amanda Easton Gentle, Alpha Omicron/Oklahoma**; **Paula Dahlgren Newberg, Zeta Theta/Cal Poly**; **and Chelsie Rechlin, Delta Epsilon/Arizona State**—all members of the **Orange County Alumnae Chapter**—made dog toys for the Irvine Animal Shelter in honor of Day of Service.



Creating handmade cards for US servicemen and women was a Day of Service highlight for members of the **Epsilon Epsilon Chapter** at **Baylor**.



For their annual Day of Service event, members of the **Hartford Alumnae Chapter** collected supplies for Interval House, which supports women and children affected by domestic violence. They were joined by members of the **Greater Hartford Alumnae Panhellenic** and enjoyed catching up with old Theta friends while making new connections within the Panhellenic community.



During the summer undergraduate service trip to Detroit, **Theta collegians** worked at Second Mile Center, which seeks to empower and strengthen people through services such as free after-school programs, a no-cost mobile health fair, and job placement opportunities.



For Day of Service, members of the **Gamma Pi Chapter** at **Iowa State** enjoyed a presentation by two CASA volunteers and wrote letters to CASA children.



Members of the **Inland Southern California Alumnae Chapter** participated in the Inland Empire Believe Walk, which raised nearly $300,000 to improve cancer care and support services for cancer patients and their families in the Inland Empire Communities of Southern California.



Westchester, NY Alumnae Chapter members **Patti Messersmith Turken, Epsilon Theta/Stetson**; **Mary Ann Cate, Gamma Iota/Kentucky**; **Sue Kloap Wahrhaftig, Beta Pi/Michigan State**; and **Lisa Davis Olney, Delta Epsilon/Arizona State** celebrated Day of Service at the Making Strides Against Breast Cancer Walk in Purchase, New York.



Abby Hutton, Delta Omega/Texas A&M; **Jamie Striler, Epsilon Iota/Westminster**; **Heather Boni, Beta Theta/Idaho,** and **Eva May, Eta Theta/Central Florida** of the **Central Florida Alumnae Chapter** celebrated Day of Service by volunteering at Creative City Project's annual event, IMMERSE, which unites the city of Orlando through the arts. More than 1,000 performers came out to share their art and talents, and Boni was volunteer coordinator of the event.



For Day of Service, members of the **Zeta Lambda Chapter** at **Charleston** created tie blankets and delivered them to patients in the pediatric wing of the Medical University of South Carolina.



CAROL AKRIGHT

Alpha Omicron/Oklahoma

TEN QUESTIONS WITH ONE THETA

Photograph courtesy of Jim Thompson and the *Albuquerque Journal.*

CAROL AKRIGHT, ALPHA OMICRON/OKLAHOMA, IS ENJOYING HER THIRD CAREER AS A WELLNESS ADVOCATE FOR A PRODUCER AND DISTRIBUTOR OF ESSENTIAL OILS. HER PREVIOUS CAREERS INCLUDE 27 YEARS AS A STOCKBROKER/FINANCIAL SERVICES PROFESSIONAL AND 11 YEARS AS A TELEVISION REPORTER, SPECIALIZING IN FINANCIAL AND CONSUMER NEWS. SHE IS ALSO AN ACCOMPLISHED TRIATHLETE; SHE BEGAN COMPETING 15 YEARS AGO TO STAY FIT AFTER BEATING BREAST CANCER AND RECENTLY COMPLETED HER 100TH RACE. SHE TOOK TIME AWAY FROM HER TRAINING SCHEDULE (SHE QUALIFIED FOR THE NATIONAL SENIOR OLYMPICS NEXT SUMMER.) TO ANSWER OUR 10 QUESTIONS.

1 PLEASE TELL US SOMETHING ABOUT TRIATHLONS WE PROBABLY DON'T KNOW.

Triathlons—the sprint lengths I do—are not that hard. In fact, they're easy! What's more, they are a blast to do and, I think, the best way to stay fit if you like variety, hate going to the gym, and want to never be bored working out. Sprint tris typically comprise a 400- to 700-yard swim, a 20- to 30-kilometer bike ride, and a 5-kilometer run.

2 WHAT IS A LIFE LESSON YOU'VE LEARNED?

There is a gift in every setback in life. I am a breast cancer survivor … for nearly 20 years now. And I vowed two things when I was diagnosed back in 1999: I would never die of cancer, and I would get fit and stay healthy. I found triathlons were the way for me to do that. And I live a vibrant, healthy life every day. What a gift that has been.

3 IF YOU HAD AN ALL-EXPENSE-PAID VACATION TO ANYWHERE IN THE WORLD, WHERE WOULD YOU GO?

Antarctica. I've always wanted to see the seventh continent (I've been to the other six.) I've heard of a fabulous voyage with scientists, during which you visit the most amazing vistas at the ends of the earth. So I have decided I will do this by my 75th birthday, which is four years from now. I can't wait!

4 LOOKING AT ME, NO ONE WOULD GUESS…

That I have completed 100 triathlons!

5 WHAT'S YOUR GUILTY PLEASURE?

Chai lattes at Starbucks. I go there as my office-away-from-home, and I get the venti chai in a ceramic "for here" cup. I sit there, amid the bustle of others chatting, and do my work. I just love it!

6 WHAT MAKES YOUR DAY?

Meeting a new person and finding out all about his/her joys, goals, and dreams. I love connecting and sharing and finding out what makes people tick. To me, people are the juice of life—fascinating, diverse, and so full of capabilities, creativity, and mystery.

7 DOGS, CATS, OR HOUSEPLANTS?

I love the first two and often kill the third.

8 WHAT DOES THE CONCEPT OF WOMEN SUPPORTING WOMEN MEAN TO YOU?

I've been married, and I've been single, but my women friends are always there for me. That's what I love about being a Theta—I've reconnected recently with sisters who came to my essential oil classes when I visited Oklahoma. They knew I was starting a new business, and they showed up to learn and to support my latest venture. That means so much.

Supporting one another to never give up on ourselves—that's what women offer one another. Especially when we are discouraged, wondering if we'll ever reach that next goal, wondering if we're capable, or deserving of good things. We are, and it's women who remind us of that day in and day out. It's so important to support each other through thick and thin.

9 WHAT DO YOU VALUE IN YOUR FRIENDS?

Honesty, loyalty, compassion, perspective, humor, a sense of wonder about life, and the love of adventure.

10 WHAT IS YOUR FONDEST THETA MEMORY?

I always loved football weekends at OU. After the game, we would gather with our families at the Theta house. It was so great to see my mother and sister, both Thetas, and the moms and sisters of the other girls in the house, all chatting and greeting one another. It was like one big family, sharing our Theta sisterhood generation to generation.

Snapshots

CONNECTIONS

A **Ashley Biehl, Beta Kappa/Drake**, received plenty of love and support from her Theta sisters following a heart attack and subsequent heart transplant. Biehl competed in the Transplant Games of America in Salt Lake City and brought home 10 medals; several of her sisters flew out to cheer her on. Pictured are **Andrea Everling, Beta Kappa/Drake**; **Michelle Godar Harris, Beta Kappa/Drake**; **Ashley Biehl, Katrina Biehl, Beta Mu/Nevada**; **Liz Van Ginkel, Beta Kappa/Drake**; and **Amy Russell, Beta Kappa/Drake**.

B **Cathie Waters Cardelucci, Beta Xi/UCLA**, and **Justine Rosenberg Thomas, Epsilon Sigma/UC Irvine**, posed for this photo at Grand Convention 2018 in Orlando.

C **Christine Thompson Briede, Delta Omicron/Alabama**, was elected to Theta Foundation's Board of Trustees, so the New Orleans Alumnae Chapter held a luncheon party in September to celebrate. Pictured are **Beth Exum Johnson, Alpha Phi/Tulane**, who hosted; **Carra Hewitt Artis, Gamma Omega/Auburn**; **Sara Barnard, Alpha Phi/Tulane**; **Maria Marcello, Delta Kappa/LSU**; **Georgette Schaefer Zatarain, Delta Kappa/LSU**; **Julie Brown, Alpha Phi/Tulane**; **Emily Remington Murray, Zeta Omicron/Wake Forest**; **Alicia Ohlmeyer, Delta Kappa/LSU**; **Christine Thompson Briede; Lyndall Hart, Alpha Phi/Tulane**; **Jacqueline Delery Wattigny, Delta Kappa/LSU**; **Joanne McHugh Lanaux, Alpha Phi/Tulane**; **Diane Collier Zatarain, Delta Kappa/LSU**; **Sloane Clay, Alpha Phi/Tulane**; and **Charlotte "Dodie" Spencer Smith, Alpha Phi/Tulane**.

D **Charlotte Boyd, Gamma Delta/Georgia**; **Grace Edgarton, Delta Zeta/Emory**; **Jill Sirmans Bateman, Gamma Delta/Georgia**; **Maggie May, Theta Nu/Georgia Tech**; **Sage Singleton, Gamma Omega/Auburn**; **Michelle Mouton Geiger, Delta Kappa/LSU**; **Heather Steen, Delta Nu/Arkansas**; **Mary Lou Duecker Oliver, Alpha Tau/Cincinnati**; **Cindy Heine Stellhorn, Beta/Indiana**; **Laurie McGregor Connor, Gamma deuteron/Ohio Wesleyan**; **Betsy Sierk Corridan, Beta Omicron/Iowa**; and **Stephanie "Tassie" Stoddard Bruno, Gamma Delta/Georgia**, attended the Fraternity and Sorority Political Action Committee (FSPAC) reception in Atlanta last year.

E The Gamma Sigma Chapter at San Diego State University opened their Theta Café philanthropy event and served coffee and pastries to fellow students, faculty, and staff! All their proceeds benefitted Voices for Children, San Diego's local CASA.

F Theta alumnae in the Charleston, South Carolina, area gather for lunch each month. Pictured are **Lorie Larson Land, Alpha Chi/Purdue**; **Jane Hanahan Swing, Delta Phi/Clemson**; **Sara Bodenhamer Cox, Alpha Omicron/Oklahoma**; **Monica Powell Pelletier, Epsilon Nu/Virginia**; **Debra Hendress DeGroff, Gamma/Butler**; **Karen Harrison Thompson, Delta Phi/Clemson**; **Mary Beth Wells Glotzbach, Gamma Delta/Georgia**; **Nancy Brown Davidonis, Beta Iota/Colorado**; **Beth Whitten Gibbs, Delta Phi/Clemson**; **Jamie Phillippe, Gamma/Butler**; and **Kelli Wiseman Gottlich, Delta Theta/Florida**.

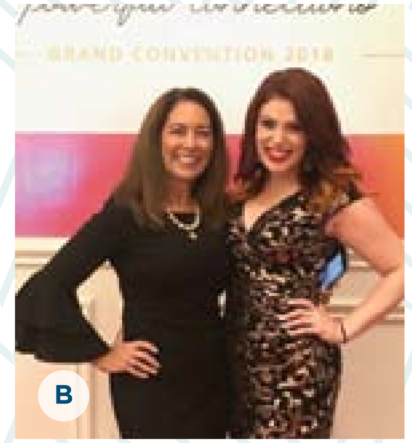
REUNIONS

G Fifteen Alumnae of the **Beta Chapter** at **Indiana University** met to celebrate their 70th birthdays: **Susan Boles Ransom, Becky Eichorn Hinkle, Sarah Sawin Smith, Molly Maloney Delevet, Susie Sterner Hacker, Anne Brafford Fritz, Patsy Kollmar Wilkinson, Becky Bailey Wimbush, Jeni Wadsworth Fleming, Ellen Whitt Teichart, Sara Whiteside Fruechtenicht, Suzi Harrison Moeschl, Judy Canada Fraps, Miriam Reiss Crook**, and **Pat Hetzel Curtis**.

H Members of the 1984 new member class of the **Gamma Delta Chapter** at **Georgia** gathered for their annual reunion at the end of last year. Sisters came from as far as southern California, North Carolina, and Alabama.

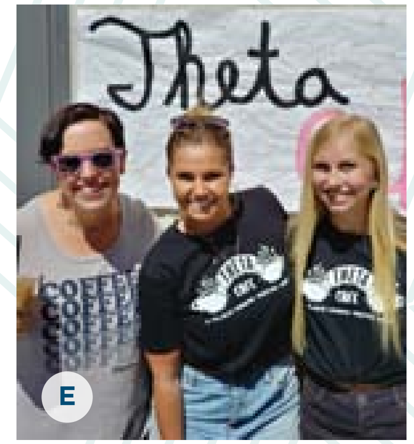
I **Tiffany Crow Ryan, Ann Wilkin Crow, Barbara Murfin Murphy, Maggie Murphy Barnthouse**, and **Kaleigh Braun Doke**, all **Kappa/Kansas**, spent some quality time together in Sportsman's Paradise, Colorado.



















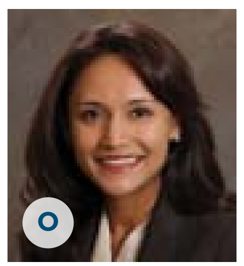


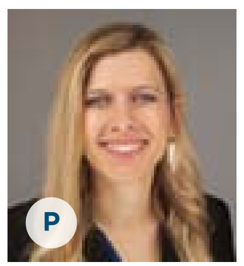


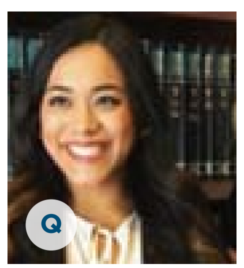


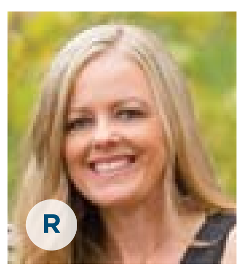












REUNIONS cont.

J **Pam Johnson Whorley**, **Alpha Rho/South Dakota**, hosted her **Alpha Rho** new member class of nearly 60 years ago this past summer! Pictured are **Suzanne Hanson**, **Kathy Mitchell Weisz**, **Julie Bails Simko**, **Pam Johnson Whorley**, **Dessie Kuster Severson**, **Jane Shanard**, **Fran Hagen Kibble**, **Julie Argetsinger Nicholson**, **Marcia Blaseg Ridley**, and **Marti Stillwell Peterson**, all **Alpha Rho/South Dakota**.

K A group of **Gamma Omega/Auburn** alumnae attended the Auburn Women's Football Camp last summer

L Alumnae members of the **Beta Phi Chapter** at **Penn State** celebrated being sisters since 1967. Some of the women hadn't even seen each other since they graduated! Pictured are **Kate Rittner**, **Cynthia Gutshall Wilson**, **Nancy Hancock Mooney**, **Diane Gallagher**, **Ruth Whalley Klementik**, **Betty Westrick Cummins**, **Susan Smith Beck**, **Diane Roy Leonards**, **Carol Smyser Mcharg**, **Paula Steinle**, and **Mary Lou Alfano Boucher**.

M **Kathy Bennett Tonkel**, **Eta/Michigan**; **Zita Enloe, Gamma Phi/Texas Tech**; **Jill Pedicord Peterson**, **Beta Gamma/Colorado State**; **Cathie Waters Cardelucci**, **Beta Xi/UCLA**; **Dinah Hampton McClymonds**, **Alpha Omicron/Oklahoma**; and **Vicki Laughlin McCluggage**, **Omicron/USC**, former and current members of **Theta Foundation's Board of Trustees**, reunited in Jackson Hole.

N In September, alumnae from **Psi/Wisconsin** reunited for a tour of the **Kappa Alpha Theta** facility and a football game.

INDIVIDUAL ACCOMPLISHMENTS

O **Manita Rawat, Beta Mu/Nevada**, was recently appointed managing partner of the Silicon Valley office of law firm Duane Morris, LLP. In a press release, Rawat said, "It's an honor to be chosen to lead an office with such a tight-knit group of highly talented and dedicated attorneys." Following her undergraduate experience at the **University of Nevada, Reno**, Manita studied at the University of Illinois College of Law and St. Peter's College of University of Oxford.

P **Alicia Haigis Langdon, Gamma Phi/Texas Tech**, is one of only 4.7 percent of Certified Financial Planners (CFP) in the United States who are under the age of 30. Despite growth in the number of CFP professionals in recent years, the percentage who are women has remained flat at 23 percent.

Q **Arianna Sue, Eta Mu/Occidental**, was named a Coro Fellow for 2018-19. The Coro Fellows Program in Public Affairs is a full-time, nine-month program that features immersive experiences for the development of a participant's personal and team skills. The program enables Fellows to make connections across the nonprofit, business, and government sectors. Sue is a politics major and spent her summer as a legislative intern in the California State Assembly.

R **Brendy Brown Kirkland, Gamma Phi/Texas Tech**, an oncology nurse at Texas Health Fort Worth, was honored three times in April for her dedication to and passion for her profession: Dallas-Fort Worth (DFW) 100 Great Nurses 2018, Employee of the Year for Texas Health Hospital in 2017, and Dallas-Fort Worth Hospital Council (DFWHC) Foundation Employee of the Year 2018 for hospitals with more than 400 beds.

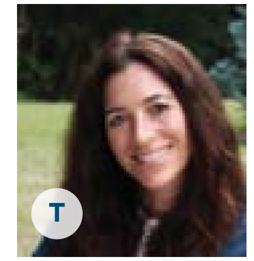
S **Linda Madison Newman**, **Epsilon Epsilon/Baylor**, recently served as chairwoman of Wichita's Go Red for Women, a fundraiser for the American Heart Association. **Ingrid Olson Gill**, **Kappa/Kansas; Mary Weber Oglesby**, **Epsilon Epsilon/Baylor; Joan Siefkes Moore**, **Epsilon Epsilon/Baylor; Debbie Wickham Richardson**, **Epsilon Epsilon/Baylor; Taylor Gill**, **Kappa/Kansas**; and **Twyla McKinzie Williams**, **Epsilon Epsilon/Baylor**, joined Linda to celebrate nearly $160,000 raised.

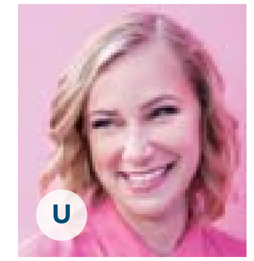
AUTHORS

T **Amy Stanton**, **Beta Eta/Pennsylvania**, is author of *The Feminine Revolution*, which "challenges outdated perceptions that femininity and displaying feminine traits such as emotionality, vulnerability, and being nurturing is considered weak." Stanton has a background in marketing and brand-building, so she brings a unique perspective to the role of femininity in the many aspects and stages of a woman's life.

U **Kati Morton**, **Zeta Phi/Pepperdine**, released her first book titled *Are u ok?: A Guide to Caring for Your Mental Health*. The book is an informative reminder that yes, life is difficult and no, you're never alone. Kati has a master's in clinical psychology from Pepperdine University and is a licensed marriage and family therapist. While running her private practice in Santa Monica, Kati also has a strong presence on social media and regularly uploads videos on her YouTube channel.







We Asked; You Answered

AND WE LISTENED

Last summer, we sent a two-minute, anonymous survey to all Thetas for whom we have good email addresses. Our goal was to gain input on communications needs and preferences so we can better serve our sisters with our communication efforts, including the Theta magazine, website, and social media channels.

Of the more than 97,000 members who received the survey, more than 6,800 responded, resulting in a 1.15 percent margin of error and a 95 percent confidence level. This means we can be 95 percent confident that the Theta population is accurately represented by the responses.

Not surprisingly, Thetas are not reluctant to offer their opinions about their Theta magazine! Also not surprisingly, those opinions run the gamut. Some survey-takers told us that the magazine has too many photos, others that it has too few. Some told us that articles are too long, others that they are too short. Some told us the size is too big, others that it is too small.

Thanks to specific responses, we are continuing to fine-tune our design and content; for instance, we have increased type sizes and made a greater use of white space. Overall, we are absolutely thrilled that our sisters rely on their magazine to offer information and entertainment on all things Theta, and—at the risk of seeming egocentric—we reprint some comments below.

"I'M A MILLENNIAL, BUT EMAILS CAN GET LOST IN ALL THE CLUTTER. THE MAGAZINE IS SO BEAUTIFUL AND A BIG REASON I JOINED LIFE LOYAL."

"I HAVE ENJOYED THE MAGAZINE FOR DECADES AND I THANK YOU FOR IT."

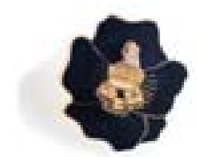
"I LOVE MAGAZINES; I'M AN OLD-FASHIONED GAL, SO DON'T GET RID OF OURS, PLEASE!"

"AS A 77-YEAR-OLD, I'M NOT AS ACTIVE AND DON'T NEED A LOT OF INFORMATION. THANKS FOR BEING SUCH A SOLID HOME PORT FOR ALL OF US."

"I ENJOY THE MAGAZINE AND FIND JOY IN KNOWING THE YOUNG WOMEN OF TODAY ARE DOING SO WELL."

"I CAN'T TELL YOU HOW MUCH IT MEANS TO ME THAT I LIVE AND WORK OUTSIDE OF THE US, AND YOU ALL STILL MANAGE TO SEND ME THE MAGAZINE EVERY QUARTER. IT ALMOST BRINGS ME TO TEARS EVERY SINGLE TIME, AND I'VE BEEN AWAY FROM HOME FOR OVER TWO YEARS NOW."

"I LOVE THE MAGAZINE! MY DAD READS THE WHOLE THING, TOO. KEEP THEM COMING!"



CELEBRATING 75 YEARS

A DIAMOND ANNIVERSARY IS WORTH CELEBRATING! THESE WOMEN WERE INITIATED INTO KAPPA ALPHA THETA IN 1944 AND OFFICIALLY CELEBRATED 75 YEARS IN THETA ON FOUNDERS DAY.

ALPHA/DEPAUW
Mary Ellen Carlson Peterson
Betty Posson Rieger

BETA/INDIANA
Mary Alford Failey
Joanna Barr Fanning
Dorothea Voss Helmen
Jean York Lindsey
Carol Harper Lyman
Majetta Stewart Muhler
Marjorie Schenkel Wells

GAMMA/BUTLER
Ann Shuttleworth Clark
Patricia Ely Getz
Marjorie Miller Glass
Maxine Smith Hull
Dorothy Davis McClaran
Virginia Hite Stewardson
Carol Fall Stickney

DELTA/ILLINOIS
Dorothy Vucic Bowditch
Eleanor Lang Chapin
Charlotte Christie Clayton
Joan Welch Snell

ETA/MICHIGAN
Corrine Essig Catto
Ann Kutz Dickey

IOTA/CORNELL
Joy Gulling Beale
Brock Oatman Bowen
Evelyn Steinman Cook
Debbie Holton Haigh
Eve Mink Ingraham
Barbara Pond Shepard
Beverly Hamlin Smith
Virginia Dann Tilden

KAPPA/KANSAS
Kathryn O'Leary Bomholt
Nancy Freeto Bunce
Joan Veatch Hankammer
Mary Murray Henry
Ruth Wright Hupe
Virginia Thompson Neave
Dorothy McGill Webb
Joan Moore Welfelt

LAMBDA/VERMONT
Dorothy Frazer Carpenter
Dorothy Ferris Elsner
Louise Jordan Harper
Audrey Jonsson
Margaret Miller Logan
Georgia Husen Pickens

GAMMA DEUTERON/OHIO WESLEYAN
Grace Flynn Bettison
Hallie Lewis Ditty
Jean Rea Hickey
Gertrude Beattie Mayne
Patricia Breece McKinney
Jane Paryzek Messersmith

MU/ALLEGHENY
Patricia Hindry Farrow
Barbara Monroe Felton
Aline Horst Frazier
Jean Montgomery Frick
Hope Hunter Horst
Martha Jane Sector

OMICRON/USC
Carol Yates Andrews
Helen Creahan Hein
June Grace Walker

RHO/NEBRASKA
Dona Brugh Davis
Lucille Hosman Duffin
Dorothy Gallup Mills

TAU/NORTHWESTERN
Mary Barnes Galvin
Patricia Stilson Gunn
Mary Baldwin Hennen
Ann Ellen Jones Rogers
Patricia Connolly Ryan
Molly Gibson Sale
Lois Allan Waller

UPSILON/MINNESOTA
Barbara Ocken Dow
Ruthanna Weidlein Franey
Mary Endicott Greer
Patricia Perry Howard
Julia Regan Scattergood
Nancy Walters Valentine

PHI/PACIFIC
Nancy Banning Call
Betty Jean Wallace Green
Priscilla Ullmann Mueller
Patricia Crosby Rowe

PSI/WISCONSIN
Olwyn Jones Bishop
Sarah Stevens Koepsell
Rosa Kirkpatrick Oetking
Mary Rose Dernbach Seifert
Nancy Richter Tillman

OMEGA/UC BERKELEY
Barbara Scofield Davidson
Mary Taylor Escherich
Susan Shirley Gilliland
Barbara Selfridge Gottschalk
Else Sporon-Fiedler Innes
Meredith McCord Kemp
Ruth Duffy Kramer
Katherine Everett Larsen
Mary McDonald Laub
Elizabeth Plumb Lee
Suzanne Bond Ludwig
Nancy Majors Ostrander
Frances Pepper Tarson
Maryellen Reilly Weber
Margaret Fay Williamson

ALPHA GAMMA/OHIO STATE
Helen Anderson Carter
Loann Woods Crane
Carolyn Miller Haffner
Marjorie Miller Neubig
Dorothy Dilmore Van Almen
Betsy Townsend Zahn

ALPHA DELTA/GOUCHER
Marydel Miller Burton
Martha Faragher Cannon
Mary Hutchins Ridgely

ALPHA ETA/VANDERBILT
Clara Knox Allison
Mettie Barton Fisher
Anne Stockell Hartree
Nancy Anderson Landstreet
Martha Crook Thompson
Virginia Cloys Wells

ALPHA THETA/TEXAS
Anne Culver Carrington
Jane Tarver Dronberger
Virginia Dyer Dunham
Caroline Hudson Firestone
Thelma Trigg Gannon
Elizabeth Hurlbut Holder
Jean Kirkpatrick Lauder
Ann Hohlt Ramey
Barbara Braley Riddell
Clare Ruggles Smith
Bertie Murphy Smith
Marger Thilenius Whitt
Martha Wilson Wise

ALPHA IOTA/WASHINGTON-ST. LOUIS
Mary Deane Young Johanning
Virginia Townsend McFayden
Julie Winsby Merrill
Andrea Knight Peil
Suzan Leinberger Rogan

ALPHA KAPPA/ADELPHI
Mary McCaffrey Cadigan
Terese Krug
Kathryn Weaver McBride
Helen Dunn Melton

ALPHA LAMBDA/WASHINGTON
Marjorie Troyer Adams
Catherine Hobi Hawes
Anne Baer Lagen
Mary Berry Pitzer
Elizabeth Shannon Rittersporn
Gloria Huntington Upper

ALPHA MU/MISSOURI
Mary Lou Ownby Anson
Nancy Whitnell Harris
Dorothy Stickrod Hatch Kern
Patricia Larkin Miller
Marjorie Bowen Petherbridge
Peggy Gibson Regan
Margaret Hatfield Saunders
Patricia Merck Sims
Beverly Rowan Springmeyer
Joyce Brinckerhoff Walker

ALPHA NU/MONTANA
Alice Drum Blair
Jeanne Hunt Carlson
Conlyn Scoyen Hancock
Mary Cheadle Hanley
Lois Hart Jacobson
Marjorie Floyd Kautzman
Marian Lacklen
Shirley Davis Williams

ALPHA XI/OREGON
Nancy Kellaher Darby
Rosemary Jones Lacey
Cynthia Woodcock Lyon
Polly Chafe Stanton

ALPHA OMICRON/OKLAHOMA
Devereux Smith Brunner
Harriet Freeman Fellows
Mary Ann Kennedy Strong
Linda Colbert West

ALPHA PI/NORTH DAKOTA
Ruth Beede Agar

ALPHA RHO/SOUTH DAKOTA
Maxine Edwards Banta
Nancy Loomis Dooley
Cornelia King
Marjorie Erickson Lindquist
Barbara Brookman Mahoney
Kathleen Nolan Selakovich

ALPHA SIGMA/WASHINGTON STATE
Barbara Jordan Church
Natalie Jensen Constantine
Jacquelyn Melcher Gaines
Shirley Olsen Grenfell
Sally Martin Hagen
Maxine Tryon Keesling
Kathleen Hough Smith
Catherine Perkins Stoltz
Marian Cannon Taylor
Helen Gamble Zimet

ALPHA TAU/CINCINNATI
Helen Wiedemann Jantz
Betty Sue Reichert Kestner
Jean Forbes Scrugham
Margaret Tredwell Sherman

ALPHA UPSILON/WASHBURN
Dorothy Peterson Converse
Mary Buck Copeland
Norma Erickson Harmon
Mary Lou Keller Johnson
Lois Sturtevant Johnson
Margaret Keckley Weiman

ALPHA PHI/TULANE
Joel Obrien Clarkson
Elaine Querens Helm
Nettie Trusty Richmond
Phyllis Johnson Spearman

ALPHA CHI/PURDUE
Sanchia Raisbeck Foiles
Joyce Dye Folk
Margaret Grein Grant
Joan Goss Logan
Barbara Otto Mitchell
Marilyn Beal Sanders
Miriam Schnaible Schreck
Elizabeth Lybarger Syvertsen

ALPHA PSI/LAWRENCE
Margery Lott Abrams
Barbara Harkins Belle
Sally Gruetzmacher Holl
Joan Meier Mueller
Barbara Newman Olson

ALPHA OMEGA/PITTSBURGH
Anna Lawrence Donahoe
Eleanor Zusinas Goldsmith
Lucille Morgan Koehler
Jane Dudley Merchant
M.E. Folkenroth Zurcher

BETA BETA/RANDOLPH-MACON WOMAN'S COLLEGE
Marie Robert Fisher
Martha King Hamill
Jean LeFevre Linton
Peggy Lynn Robertson

BETA GAMMA/COLORADO STATE
Barbara Harrison Anderson
Nancy Anderson Baillie
Winifred Jacobson Catlin
Virginia Reed Krieg
Mrs. Esther Smith Martin
Janice Pickering Nordby
Marjorie Auld Nyquist

BETA EPSILON/OREGON STATE
Barbara Wood Dunham
Carole Fisher Foley
Caryl Delzell Mangan
Barbara McFadden Pitney
Patricia Sears Shaw
Margaret Runge Smith

BETA ZETA/OKLAHOMA STATE
Leah Kenny Greaves
Joan Sandidge Hill
Peggy Howard Nadolski

BETA ETA/PENNSYLVANIA
Elizabeth Burrows Allyn
Ruth Semisch Casler
Nadia Lisovitch Deutsch
Gene Torsch Feicht
Margaret Redfield Mainwaring
Peggy Gartner McKee
Celia Ebert McQuaile
Marilyn Burton Megargel
Elizabeth Wilhjelm O'Neill
Jane Royle Payne
Margaret Bishop Schock
Edythe Taylor Sweeney

BETA THETA/IDAHO
Lalene Cargill Meyer
Alice Woofter Quinley
Jeanette Seitz Skinner
Jeanne Jordan Stroschein
Elizabeth Scott Westover

BETA IOTA/COLORADO
Barbara Ballou Clarke
Patricia McMahan Miller
Janice Marcy Uhrich

BETA KAPPA/DRAKE
LaVerne Sedrel Briggs
Dorothy Pikas Dale
Bette Wood Gamble
Marian Reed Hinkle
Ruth Wood Huston
Phyllis Thompson Koch

BETA LAMBDA/WILLIAM & MARY
Jean Bevans
Dorothia Shinn Francescon
Virginia Tunstall Gibbes
Marjorie Kellogg O'Hara
Doris Wolfgram Ware

BETA MU/NEVADA
Donna Hanley Andress

BETA NU/FLORIDA STATE
Gloria McVey Cullen
Jean Hoffman Misner
Barbara A. Rees
Jane Worrill Truscott

BETA XI/UCLA
Suzanne Perkins Errett
Marjorie Levengood Hoppe
Marian Cuzner Leetham
Jacqueline Block Leisure
Patricia Sullwold Warren
Dorothy Walt Waugh

BETA OMICRON/IOWA
Marjorie Van Hoesen Butler
Dorothy Perkins Grissom
Margie Herrick Henry
Alberta Joslyn Randall
Shirley Harper Reeves
Carol Kingsley Wellman

BETA PI/MICHIGAN STATE
Mary Vallet Couzens
Jean Straith Diefenbach
Barbara Allen Jacoby
Lucille Besancon Jensen
Patricia Easley Lorenz
Nancy Wyngarden Vosburg
Beverly Button Wargowski
Dora McKibben Williams

BETA RHO/DUKE
Laura Schwarz Cramer
Charlotte Fariss Hartlaub
Peggy Wilkinson Virski

BETA SIGMA/SMU
Judith Stone Kindig
Martha Johnson Mitchell

BETA TAU/DENISON
Nancy Price Harrison
Patricia Hunt Jackson
June Luttrell Ormiston
Eleanor A. Robb
Catherine Crooks Roberts

BETA PHI/PENN STATE
Lois Lyman Davis
Nancy Ruef Ferguson
Barbara Kriney Grant
Joan N. Huber
Corinne Berkebile Lunt
Phyllis Baer McWilliams
Doris Hardy Mortimer
Margaret H. Heagy Smith Murray
Joan Sauerwein Taylor
Margaret Rose Vail
Jeanne Hirt Warhurst

BETA CHI/ALBERTA
Barbara Bunn Hampson
Carolyn Browning Cearnal
Jane Hassell Conroy
Polly Paulsen Duntley
Patricia Kent Gilmore
Barbara Underwood Mullin

BETA PSI/MCGILL
Marion Riddell Davis
Gillian Murray Evans
Doris Steeves Layton
Sheila Thomson MacKeen

BETA OMEGA/COLORADO COLLEGE
Nancy Colver Arnold
Annette Wilcox Aumann
Julia Winchell Lackey
Sally Reeds Lathrop
Beatrice Bishop Maddox
Jean Parvin Nottingham
Betty Jo Laird Twist
Dorothy Kempshall White

GAMMA GAMMA/ROLLINS
Anne Leduc
Betty Rosenquest Pratt

GAMMA DELTA/GEORGIA
Mary Cronk Bartlett
Parkie Camp Foster
Maxine Hinton Rose
Junelle Sparks

GAMMA EPSILON/WESTERN
Bonnie Lindsay Crozier
Ruth McMullin Daly
June Day
Norma Dean Gill
E. McPherson Jones
Gwynedd Lewis Kelly
Irene Klus
Faith Rogers McLorn
Adeline Smillie Romanick
Marjorie Bieman Scorgie

GAMMA ZETA/CONNECTICUT
Patricia MacKown Bossi
Sibyl Irene Dunbar Correll
Joan Kelly Doyle
Jean Manchester Feltner
Alice McMeekin Heinze
Lois Black Newsham
Eleanor Laplace Paris

GAMMA ETA/MASSACHUSETTS
Elinor Palmer Dinsmore
Mary Cande Fox

GAMMA THETA/CARNEGIE MELLON
Mary Horridge Bennett
Charlotte Everstine Caffrey
Vera M. Doherty
Jean Boltey Euwer
Ruth Means Langstaff
Margaret Cole Mills
Mona Kahn Poskin
Rose Grentzer Spivacke
Margaret Harris White

I am Theta

In the Shape of a Kite

BY: NORALEEN DUVALL YOUNG | ALPHA CHI/PURDUE

Most Thetas have a badge, either the basic one presented at initiation or something more "bedazzled."

Our founders created the initial design of our badge and then, working with John Newman, a New York jeweler, finalized the design. Bettie, Alice, Hannah, and Bettie wore their badges for the first time on March 14, 1870. Since that day, the design has changed very little, and more than 250,000 sisters have worn a Theta badge.

We are fortunate to have a variety of badge styles in the archives, along with the stories to tell about them.

Visit kappaalphatheta.org>Heritage> Who We Are>Our Badge to learn more about the history of our badge and the guidelines regarding the proper disposition of a badge, including a form to complete and place with your badge and other Theta items.



Badge of Katherine Graham Lamb, Beta/Indiana, circa 1872. Lamb's family passed the badge to niece Margaret Killen Banta, Alpha Psi/Lawrence, Fraternity president from 1930-1936. The badge then passed to Banta's daughter, Margaret Banta Humleker, Alpha Psi/Lawrence, and her granddaughter, Anne Humleker Heintz, Pi/Albion.



Badge of Elizabeth Frazer Kiser, Gamma/Butler, circa 1934. This is a wonderful example of a badge by the C.B. Dyer Company of Indianapolis, which was known for its badges with long, extended points. This badge features diamonds on those points.



Badge of Stephanna McMinn Mingle, Alpha Lambda/Washington, circa 1944, with the Phi Gamma Delta badge of John Mingle attached.



Badge of Elaine Day Dowdell, Beta Eta/Pennsylvania. A classic crown pearl badge with the chapter letters chain guard.



Badge of Mary Louise Orem Nolan, Alpha/DePauw, circa 1932. This is another great Dyer badge. Jeweler Charles B. Dyer and his wife, Blanche Brown Dyer, Gamma/Butler, visited Theta chapters in Indiana, buying badges and then recasting them with elongated points. While this badge design was never official, many members bought Dyers between the 1910s and 1940s.

A BRIEF HISTORY



SINCE 2010, THETA LIFE LOYAL HAS BEEN A GREAT WAY FOR ALUMNAE AND COLLEGIANS TO STAY CONNECTED TO THE FRATERNITY WHILE STILL MANAGING BUSY LIVES. WE'RE THRILLED TO ANNOUNCE THAT, AS OF OCTOBER 2018, 6,070 THETAS HAVE ENROLLED IN LIFE LOYAL!

Kappa Alpha Theta Life Loyal was first announced at Grand Convention 2010 and made its formal debut in the Summer 2010 issue of this magazine. In her introductory article, past Fraternity President **Karen Albrecht Ledbetter**, **Gamma Tau/Tulsa**, explained how our college sisters not only excel in academics, leadership, and service opportunities on their campuses, but also have responsibilities at jobs and internships. At the same time, dues from collegians account for a significant portion of Theta's general treasury income.

After careful research and consideration, Grand Council adopted Life Loyal as a special level of affiliation. The one-time Life Loyal enrollment fee helps fund the Theta magazine and thereby frees college dues and fees to maintain ethical, social, and educational programs that develop women of integrity and character. Life Loyal is one way that Theta fulfills her mission of supporting women as they strive to become the best versions of themselves.

Winter is nearing its end, and spring—including spring graduations!—is just around the corner. Giving a Life Loyal membership as a graduation gift is easy. So is honoring a college chapter with the gift of a Life Loyal membership. You can find more information about doing both those things on the following page.

THERE ARE MORE THAN 6,070 LIFE LOYAL THETAS!

THESE WOMEN ENROLLED BETWEEN AUGUST 1 AND OCTOBER 31, 2018.

ALPHA/DEPAUW
Virginia Jones Hayes

BETA/INDIANA
Sarah Copher Claymon
Courtney DelaCuesta
Dina Paul Friedel

GAMMA/BUTLER
Sarah Lewis Townsend

LAMBDA/VERMONT
Mary E. Collins Morales

GAMMA DEUTERON/OHIO WESLEYAN
Paula Jacoby Parker

MU/ALLEGHENY
Molly Soffietti

OMICRON/USC
Dana MacFarlane

PI/ALBION
Nancy Olsen Cook

ALPHA GAMMA/OHIO STATE
Kaylee Fields

ALPHA ETA/VANDERBILT
Elizabeth Hamman Oliver

ALPHA THETA/TEXAS
Janis Frank Henry
Sydney Davidson Searcy

ALPHA MU/MISSOURI
Elizabeth Dallmeyer Blair

ALPHA XI/OREGON
Marilee Castro-Scott
Cathriona Smith

ALPHA OMICRON/OKLAHOMA
Azure Kirby Keuchel
Caroline Laster Sovell

ALPHA RHO/SOUTH DAKOTA
Elizabeth A. Meylor

ALPHA CHI/PURDUE
Pamela Beck Danner
Lauren Skiles

BETA GAMMA/COLORADO STATE
Amy Cunningham Fehr
Kelly McKim Nole

BETA DELTA/ARIZONA
Mary C. Durand

BETA IOTA/COLORADO
Janet Church Harrison
Margo Muckerman Hields

BETA KAPPA/DRAKE
Sue Hermanson Smith

BETA NU/FLORIDA STATE
Vanessa Ramos

BETA XI/UCLA
Robbie Ross-Finnigan

BETA OMICRON/IOWA
Margaret Barnett Hooton

BETA PI/MICHIGAN STATE
Sherry Reese Gavin
Mary Bahl Simpson

BETA RHO/DUKE
Carol Nelson Graves

BETA SIGMA/SMU
Jordan Gray
Courtney Wolfsberger Parmenter
Natalie Greene Stollenwerck

BETA PSI/MCGILL
Madalyn Tierney Crowley

GAMMA ZETA/CONNECTICUT
Jessica Metzger

GAMMA PI/IOWA STATE
Sue LaBarre Surges
Annette M. White

GAMMA RHO/UC SANTA BARBARA
Emma Gilbert

GAMMA SIGMA/SAN DIEGO STATE
Jasmine Lim

GAMMA PHI/TEXAS TECH
Tamara Owen Golden
Elizabeth Canon Moore
Sarah Stiles Stotts

GAMMA PSI/TCU
Caroline Craven

DELTA EPSILON/ARIZONA STATE
Lucinda Brown McShane

DELTA MU/RHODE ISLAND
Claudia Lindell Lyons

DELTA NU/ARKANSAS
Sarah Bagley Peterson

DELTA OMICRON/ALABAMA
Rebecca M. Ballard
Christena Rogers

DELTA UPSILON/EASTERN KENTUCKY
Magen Alexandria Ferrell

DELTA OMEGA/TEXAS A&M
Rhonda Guest Barclay

EPSILON EPSILON/BAYLOR
Shelley Chrestman Bracken

PHI DEUTERON/STANFORD
Kristin Powell Bennett

EPSILON ZETA/MISSISSIPPI
Christina Nicole Banta
Danielle K. Dean
Meredith Marr Fernandez
Jana Hill Hancock
Lesley Cross Johs

EPSILON IOTA/WESTMINSTER
Jennifer Cranford

EPSILON MU/PRINCETON
Elizabeth Emory Pitts

EPSILON OMICRON/RANDOLPH-MACON
Martha Taylor Brown

EPSILON SIGMA/UC IRVINE
Catharine Milligan Hobbs

EPSILON OMEGA/WASHINGTON & JEFFERSON
Amanda L. Boehm

ZETA THETA/CAL POLY
Xochitl Hidalgo

ZETA UPSILON/UT DALLAS
Linda K. Anderson
Julia Hart

ETA LAMBDA/-
Caroline Bosmajian

ETA TAU/TAMPA
Samantha Marie Hart
Andrea Hyssong

ETA OMEGA/SAINT LOUIS
Elise Caroline Abel

HOW DOES IT WORK?

It's easy to enroll a friend or relative or make a gift honoring your chapter! Go to lifeloyal.kappaalphatheta.org and choose the Sign Up Now! link to give a Life Loyal membership to a Theta sister. Choose the Honor Your Chapter link to give a Life Loyal membership to a college chapter. The chapter will select a graduating senior on whom to bestow the gift.

HOW DO I ENROLL MYSELF?

Online:
Simply go to **thetalifeloyal.org** to join and pay through our secure website.

Phone:
Call Theta headquarters, **800-526-1870**, to provide your contact and payment information over the phone.

Mail:
Print the enrollment form available at **thetalifeloyal.org** and mail the completed form with your check or credit card information to:
Kappa Alpha Theta
attn: Kristi Tucker
8740 Founders Road
Indianapolis, Indiana 46268

LIFE LOYAL MEMBERS RECEIVE

A lifetime subscription to the *Kappa Alpha Theta Magazine*
Fraternity dues payment for life*
A handcrafted lapel pin
A limited-edition gift from our Life Loyal collection and more!

*Not including alumnae chapter dues.

KAPPA ALPHA THETA
LIFE LOYAL

3 Habits for a More Balanced Life



Tracey Long Carisch, Beta/Indiana, is an international speaker and leadership professional. Her memoir, *Excess Baggage: One Family's Around-the-World Search for Balance*, chronicles her family's 18-month nomadic journey, in which they shed the stress of their busy, overscheduled life and found balance through the lessons of international travel and service.

To learn more, visit www.traceycarisch.com

Life is busier than ever before. Balancing time between work commitments, family activities, and community obligations requires a constant juggling act. In fact, research is showing that most North Americans have too many balls in the air. Studies have linked our busy schedules to rising stress levels, which lead to negative effects on both mental and physical health. Thankfully, finding a more balanced state of mind doesn't require a major life overhaul. Here are a few habits that will help you reprioritize and re-center for a healthier, more peaceful existence.

Habit #1 Tally Up Your Quality Time, Literally

As we take on more obligations, we spend less time on the things that are really important to us. An easy tip for keeping tabs on your quality moments before they start slipping away is to simply do the math. Open up your calculator app (or an actual calculator if you have one) and add up the minutes you spend each day on the rejuvenating activities you love with the people you care about most. Be honest: trips to the grocery store don't count. Conduct this little exercise every night for a week and see how you feel about the numbers you're seeing. If you find that you're coming up short on those joyful moments, look for ways to make time for the activities you love. It might mean giving up some chores or declining some social events, but you won't regret it in the long run.

Habit #2 Become Independent of the Opinions of Others

In order to develop Habit #1, you're probably going to need to master Habit #2. And this one can be a doozy. We like to believe that we don't care about what other people think of us, but—if we're being really honest—we'll admit that letting go of other people's opinions is a very hard thing to do. Humans are social creatures, so our behavior is easily driven by the expectations of others. We must be strong and a bit courageous in order to let go of others' opinions and focus on what we know is right for us … not them.

Develop the habit of questioning your actions. Ask yourself why you're making a decision and then evaluate what the impacts of it will be on your family, friends, and overall life balance. Here are some exploratory questions to get you started down this path of self-analysis:

- Who is going to be benefit from this and how?
- Who is going to judge me, and why do I care?
- What is the worst case scenario if I don't do this?
- What stress could this add to my life?

As you start gaining more self-awareness around why you make decisions, you might be surprised at how much time you spend trying to please other people.

Habit #3 Sit in Silence for at Least 10 Minutes a Day

We won't use the word "meditate" because that can feel a little daunting, but simply sitting motionless with your eyes closed can have dramatic effects on your health and emotional well-being. We get so caught up in doing that we forget how important it is to just be. Challenge yourself to set a timer for at least 10 minutes, and don't move until it goes off. If your brain starts revving up during this quiet time (which it probably will), here are a few techniques for calming it down:

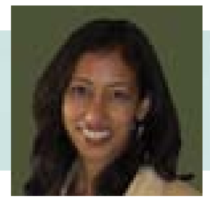
- Listen carefully for all the sounds you can hear around you.
- Focus your mind on a specific body part and see if you can start to feel a sensation in it, like a mild tingling. Once you do, move on to a different part of your body.
- Recreate a pleasant memory in your mind, trying to remember as many details of the event as possible.
- Make a commitment to sit quietly every single day, and soon you'll start to see a difference in how you react to the world around you.

If we want to look back on life and see it filled with happy memories, then we have to be intentional about bringing balance to each day. Be intentional with your time, let go of pleasing others, and always make time for just being.

The Power of the Professor

The power of the professor is strong … in so many ways. She has the power not only to assign and submit grades, but also to impact a student in a profound and personal manner: to stir a passion for a particular subject, research topic, or learning experience, to inspire a young person to select a major and thereby influence a career path and her future.

Each Theta chapter has the opportunity to recommend a professor who has influenced students and made a difference on campus. Now in its seventh year, our Outstanding Faculty Award highlights those who go the extra mile, light a spark of interest, or challenge growth.



NOMINATED BY Zeta Chi

Rina Agarwala
Sociology
Johns Hopkins

"I was particularly impressed with Thetas' willingness to challenge their understanding of the world and to struggle through different perspectives, even when they did not match their own."



NOMINATED BY Alpha Mu

Carli Conklin
School of Law
Missouri

"I have greatly enjoyed having Thetas in my classroom over the past several years. They are intellectually curious, academically talented, and outward-focused. Whenever I find out that a sharp, inquisitive, engaging, confident, and service-oriented woman in one of my classes is a Theta, I think to myself, 'Of course. I should have known.'"



NOMINATED BY Theta Nu

Karie Davis-Nozemack
Delta Zeta/Emory
Business Law and Ethics
Georgia Tech

"The sisters of Georgia Tech's Theta chapter are quintessential Georgia Tech students: they are highly engaged, always prepared, and unabashedly ambitious. For these women, succeeding is not just about making the grade. Watching them rise to challenges makes me hopeful about the future."



NOMINATED BY Zeta Eta

John K. Fort
Economics
Wofford

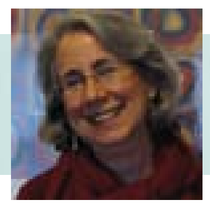
"I think it is so important that despite all the activity and noise on a college campus, the students be the only thing that matters."



NOMINATED BY Zeta Sigma

Kami Fox
Nursing
Ohio Northern

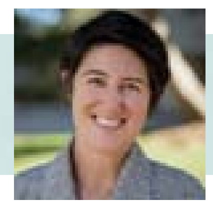
"When I look into their eyes, I see the future. I see a willingness to learn, and I am compelled to teach, coach, and support their learning so they can provide safe and evidence-based care. Their academic ambition in the classroom and their fraternity experiences will prepare them to lead and advocate for quality healthcare at the bedside, at home, and in their communities."



NOMINATED BY Zeta Mu

Margarita Ribas Groeger
Global Studies & Languages
MIT

"It is usually assumed that it is the teacher who impacts the students, helping them develop and realize their potential, but I have had the enormous privilege of having students who have inspired me, who have challenged me, and who by their dedication, high standards, passion for learning, and exemplary work ethic have made me strive to become better at what I do."



NOMINATED BY Zeta Rho

Lilly Irani
Communication & Science Studies
UC San Diego

"My passion is to show students how all citizens have a stake in technology and should hold institutions and companies accountable to do better. Theta Jaselin Drown took the lesson to heart, volunteering to set up a panel to educate her Theta sisters about how net neutrality policies should matter to them."



NOMINATED BY Mu

Adrienne Krone
Religious Studies
Allegheny

"I have taught a number of Thetas, and I find them to be engaged and thoughtful students. They work well with other students because they listen and respect the ideas and opinions of their peers."



NOMINATED BY Eta Iota

Tim McCarty
Political Science
San Diego

In their nomination, chapter members wrote, "He pushes all of his students to reach their true potential and even surpass it. He has personally encouraged each Theta he has taught to attain intellectual curiosity, personal excellence, and academic integrity."



NOMINATED BY Epsilon Sigma

Andrea Nicholas
Neurobiology & Behavior
UC Irvine

"My students know they are the most important people in my world and that my priority is to teach them all I can and promote their success in any way that I am able."

KAPPA ALPHA THETA

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Fax: 317.876.1925
www.kappaalphatheta.org

Voices

I AM BEYOND BLESSED THAT THETA REMEMBERED ME!

Nikki Bourg Plauche, Delta Kappa/LSU
(See page 8.)

I WANT THETA TO BE OUT IN FRONT, NOT JUST PART OF THE CROWD.

Sue Farrell Supple, Alpha/DePauw
(See page 11.)

KAPPA ALPHA THETA: THE DAY I JOINED STARTED MANY LIFELONG FRIENDSHIPS THAT HAVE FED MY LIFE AND CAREER OVER THE LAST 23 YEARS. I AM CONSTANTLY REMINDED OF THE FRIENDSHIPS AND SISTERHOOD THAT GAVE ME THE GREATEST FOUNDATION AS I BEGAN MY JOURNEY AT WASHBURN.

Tawanna Black, Alpha Upsilon/Washburn
(www.wualumni.org, 11.19.2018)

NEVER UNDERSTOOD "THETA FOR A LIFETIME" IN COLLEGE. FORTY YEARS LATER IT IS ABSOLUTELY TRUE. SO GRATEFUL MY SISTERS TALKED ME INTO JOINING!

Dava Hansen Unglesbee, Beta Lambda/William & Mary
(See page 13.)

YOU NEED WOMEN YOU CAN DEPEND ON TO SHOW UP FOR YOU ANY TIME AND AT ALL HOURS OF THE DAY.

Nancy Ippolito Pollard, Epsilon Mu/Princeton
(See pages 15 & 16.)

RESEARCH HAS FOUND FIRST- TO SECOND-YEAR RETENTION RATES AMONG SORORITY MEMBERS HIT 93 PERCENT, COMPARED TO 82 PERCENT FOR NONMEMBERS.

Dani Weatherford, NPC executive director
(*The Chronicle of Higher Education*, 10.29.2018)

THERE IS A GIFT IN EVERY SETBACK IN LIFE.

Carol Akright, Alpha Omicron/Oklahoma
(See page 23.)

IF WE WANT TO LOOK BACK ON LIFE AND SEE IT FILLED WITH HAPPY MEMORIES, THEN WE HAVE TO BE INTENTIONAL ABOUT BRINGING BALANCE TO EACH DAY.

Tracey Long Carisch, Beta/Indiana
(See page 34.)